



PSYCHIATRIC NURSE PRACTITIONER

Terah Bolt is a Psychiatric Nurse Practitioner with over 20 years of clinical experience, including 15 years dedicated to mental health care and treatment across both public and private practice settings. She consults on Fridays from 09:00 to 16:30, excluding Public Holidays.

Terah holds a Bachelor of Nursing from the University of South Australia, a Postgraduate Diploma in Mental Health (UniSA), a Master of Mental Health Nursing (UniSA), and a Master of Nursing (Nurse Practitioner) from Flinders University.

As a Nurse Practitioner, Terah conducts comprehensive psychiatric assessments, which include evaluation of immediate safety risks and medical concerns, detailed psychosocial and clinical history, and a Mental State Examination (MSE). Where clinically indicated, she may arrange further investigations and develop an individualized treatment and management plan.

Within her advanced scope of practice, Terah is able to diagnose mental health conditions based on clinical assessment, diagnostic formulation, and the criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). She can also refer patients to psychiatrists or specialist mental health services when appropriate.

Terah provides a range of evidence-based psychological interventions, including:

- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Emotional regulation and relaxation strategies
- Clinical hypnotherapy

As an authorised Nurse Practitioner prescriber, Terah is able to prescribe medications within her scope of practice, including antidepressants, anxiolytics, mood stabilisers, and antipsychotic medications, in accordance with the Pharmaceutical Benefits Scheme (PBS) Nurse Practitioner prescribing arrangements.

Areas of Interest

- Mental Health Assessment and Treatment

Languages Spoken

- English
- French
- Malagasy