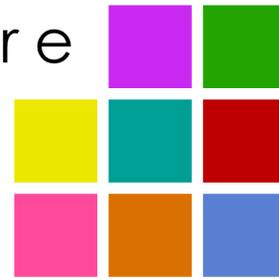

Outside the Square

psychology



What to expect as a client of Outside the Square Psychology

- To be treated with courtesy, and respect at all times
- Never to be judged about your parenting skills
- To be seen very close to your scheduled appointment time. We know that many of our young clients have difficulty occupying themselves whilst 'waiting'. We understand that most children are calmest when things happen at the time it has been promised to occur
- To be invoiced appropriately, so as to ensure trouble-free claims from Medicare and Private Health funds
- For your psychologist to follow-up promptly with additional support promised to you. This might include provision of information materials, completion of reports, or making contact with other professionals relevant to your situation

Appointments

Your appointment will last for 50 minutes. This allows a little time after you leave for your psychologist to keep accurate records of your visit, to plan resources for your next consultation, and to follow up with additional supports as outlined above. Fifty minute sessions also help to ensure that the next appointment time commences promptly.

Initial consultation

It is recommended at the initial consultation that parents attend without their child. This allows uninterrupted time to gather detailed information about the child. This also allows time to prioritise issues parents would like assistance with, without their child over-hearing what is said.

Clients should leave the initial consultation with a clear idea of:

- which issues the psychologist will help address
- who should attend future appointments (eg. parents, child, or both together)
- the frequency of future consultations, determined in partnership with the psychologist

Subsequent consultations

Based on the information you share with the psychologist, it will be suggested who should attend future sessions.

Parent consultations are used to teach strategies to parents for use at home and in other settings outside the sessions. Parent consultations are usually recommended if you have younger children. Younger, or more challenged children will require more intensive help to learn new skills, and this is best achieved, and most cost effective when parents implement the strategies.

Child consultations are used to work 1:1 with a child to address a concern or teach new skills. This is usually recommended for older children, and those with less challenges. These children are more able to interact with the psychologist, and remember the techniques themselves for use outside the sessions.

A 1:1 session with the child will last around 30 mins, with the final 20 minutes of the consultation spent with parents to outline the strategies taught. Sharing information in this way assists in generalising the skills taught during the session into the child's everyday life. Be assured that the child's diagnosis will not be mentioned to them unless you have already disclosed this to them.