
Outside the Square

psychology



How can a psychologist help?

The word 'Psychology' means 'Knowledge of the Mind'.

Our psychologists are particularly concerned with developmental and educational psychology. That is, the knowledge of typical childhood development, and how individuals think, learn and make sense of their world. We recognise that individuals with a diagnosis of a developmental, social, or behavioural disorder think and learn differently, and we have expertise in techniques to increase their skills.

A psychologist from *Outside the Square* Psychology can help with:

- Parent counselling
- Parent education in individual or group sessions
- Behaviour management assistance
- Strategies to encourage the child's development
- Techniques to teach children the skills they did not learn naturally

Some common concerns leading parents to make an appointment are:

- Difficulties with sleeping
- Difficulties with eating
- Difficulty with separation from parents
- Problems with toilet training
- Resistance to change in routine
- Tantrums
- Aggression
- Anxiety
- Restricted interests (eg. obsessions with certain topics)

An *Outside the Square* Psychologist can help with increasing the child's:

- Play skills
- Social skills
- Self-care skills such as dressing
- Fine-motor skills, such as drawing
- Cognitive skills, such as problem solving, memory
- Self-esteem