

## Formal assessment at BUSHkids

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Depending on the goals for therapy, formal assessment can be completed by all therapists at BUSHkids.

The aim of completing this assessment is to not only uncover where a challenge might be for your child, but also where they may have strengths in abilities. This process also aims to provide information about how the people around the child, including parents/carers and teachers, can encourage growth, learning and development as best they can.

Assessments are collated into a report, including background information, which can be shared with other professionals.

## What don't BUSHkids psychologists do?

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BUSHkids psychologists do not provide counselling for separation and divorce, domestic violence or sexual abuse.

BUSHkids psychologists also do not provide support for long term or significant mental health concerns for either children or adults.

BUSHkids can, however, help link families with specialised services which may be able to assist with these issues.

## What will I, as a parent/carer, be expected to do?

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- Attend all appointments with, or for, the child. For legal reasons, a parent or carer must remain on the premises during a child's session
- Complete and return all necessary paperwork and questionnaires
- Participate in sessions where necessary and ensure follow up from therapy at home
- Provide the therapist with any relevant feedback about how your child is progressing
- Advise the therapist of session non-attendance as far in advance where possible

## How do I access BUSHkids psychology services?

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Please contact **BUSHkids Emerald** on **4982 0905** to complete a Referral form over the phone, or drop into our Centre to complete one in person. The centre is located at 5 Clermont Street, Emerald.

## Any more questions?

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Please feel free to call the Psychologist at **BUSHkids Emerald** on **4982 0905** to ask any further questions.

# Psychology Services at BUSHkids

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## BUSHkids Psychologists

Psychologists at BUSHkids are concerned with the emotional, social, academic and behavioural difficulties of children aged 10 years and younger. These issues can have a serious impact on how children function at home and school as well as adjustment later in life.

Psychologists may assess the nature and extent of difficulties using a range of interviews, observations and assessments. BUSHkids psychologists will listen to your concerns and help develop an evidence-based treatment plan that is based on your family's goals. They will provide you and your child with strategies and skills to enable your family to manage issues now and in the future.

Be assured that our Psychologists are caring, understanding individuals trained in human behaviour, who practise according to strict professional and ethical guidelines.

## Psychologists at BUSHkids can offer assistance with:

- Anxiety and fears, including school refusal
- Anger and aggression
- Social issues, including bullying
- Self-esteem
- Mood changes and withdrawal
- Coping with family changes
- Difficult behaviour such as tantrums and destructive behaviour
- Parenting
- Family stress (e.g. fly-in-fly-out families, parental anxiety)
- Parent-child relationships

## What types of intervention do BUSHkids offer?

- Individual therapy to assist children and their families to deal with difficulties, develop skills, and problem solve
- Education and support to family members, schools, and others involved with the child and family
- Formal assessment for diagnostic or functional purposes
- Group programs (both child and parent focused) where experiences can be shared and skills learnt and practised amongst peers

## Individual therapy at BUSHkids

BUSHkids utilises a family-centred approach when helping children. This approach recognises the importance of involving parents and carers in therapy to get the best long-term outcomes for your child and family. Depending on your goals and the age of your child, psychological work may involve work with yourself and/or your child directly.

As BUSHkids is a multidisciplinary service, your child may be able to access other allied health services within the team depending on your goals for therapy and if your child is grade one or younger.

BUSHkids does not provide long-term therapy but rather focuses on targeted goals and treatment plans.

The length of therapy will depend upon a number of factors including:

- how significant the issue is and how long it has been going on
- how your child is affected in the different areas of their life
- regularity of sessions
- home practising
- family readiness to work on the issues

Typically, treatment plans can range from a couple of sessions to three months of support.

