

COMING TO THERAPY AT SEASONS ALLIED HEALTH



SEASONS ALLIED HEALTH



What is therapy?

And what do Psychologists do?

A Psychologist is a helper for me and my family.

They help us with problems we might be having at:



With friends



School



and home

We will learn about how our feelings and our behaviours are connected,



which can help us with our problems.

I might come and see my Psychologist every 1-2 weeks so I can learn new things to help me and my family.

My Psychologist has a therapy dog named Augie who sometimes comes to our sessions with us.



Augie loves to make people feel safe and comfortable, he adores pats, and playing, and sometimes even falls asleep on the job.



Before I come for my first appointment, my mum, dad or carer will show me a picture of my Psychologist AMY



When it's time for my first session, my mum, dad or carer will take me to Seasons Allied Health.

If I see this sign out the front, I will know we have arrived at the right place



We might have to wait in the waiting room until it's time for my session.

When it's time for my session, the Psychologist will come out to the waiting room to meet us.



The Psychologist will invite me and my parents/carer into their therapy room.

In this room there are lots of cool things to look at and fun things to play with



In the first session, the Psychologist will ask me questions to get to know me and my family really well. This helps to work out the way they will help us.



The next time I come and the times after that, I will get to play some games and do some fun activities with my Psychologist.



We look forward to welcoming you soon!