

Psychology

Psychologists provide people and their support networks with the tools to support them to live their best life. They promote behaviour change and good mental health to support people and enable people to improve their quality of life.



Assessment

Conducting assessments of a person's cognitive and functional capacity. This may include IQ and adaptive behaviour assessments. We may also do assessments to support diagnoses of other disabilities or mental illness such as autism, anxiety disorder and depression.

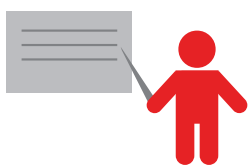
We support clients with specific needs in the areas of:

- Therapy
- Drug and alcohol abuse
- Hoarding
- Dual diagnosis
- Psychotic disorders such as auditory hallucinations and paranoia



Counselling

Counselling supports that can be adapted to suit the abilities of the person. These approaches may include mindfulness, acceptance and commitment therapy. Client-centric therapy can explore specific group programs.



Training

Training can be provided for the person and their family and carers as part of their support to learn appropriate skills in the following areas:

- managing anxiety and depression
- emotion regulation
- social and relationships
- play and engagement and
- parenting support

We can provide training to parents, carers, schools, respite services and day programs on how to implement behavioural support plans and other psychological plans.