

# Psychology



## If you're looking to do more, let's do it together.

At LiveBig our psychologists and counsellors work with people of all abilities and ages, focusing on their strengths and finding the therapeutic approach that works best for them. Our psychology supports are people-centric and support people who might need some help with how they think, feel and act. This can include dealing with feelings like stress, anxiety, and depression, how to make and keep friends or help people to stop engaging in behaviours that aren't helpful. Our experienced LiveBig Psychologists and Counsellors work to empower individuals we work with to achieve their goals.

## Some of the ways our LiveBig Psychologists and Counsellors can help:

### Therapy

- Provide regular therapeutic supports in a location where the individual feels most comfortable, or over telehealth. Examples of areas that could benefit from therapy include:
  - Emotional regulation
  - Social skills development
  - Anxiety and depression
  - Education around a person's disability and its impact
  - Parenting / carer support
  - Support with challenging life experiences or behaviours

### Assessments

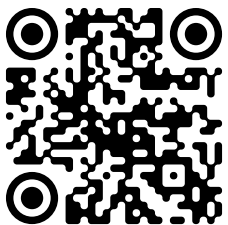
- LiveBig psychologists and counsellors can help by providing recommendations about:
  - A person's needs when moving into a new home
  - Whether someone would benefit from positive behaviour support

## Some of the ways our LiveBig Psychologists and Counsellors can help:

### Training

- We provide training to an individual's family, carers, support team and other relevant stakeholders to help support the individual between sessions through:
  - Emotional regulation strategies
  - Management of anxiety and depressive symptoms
  - Social and relationships skills
  - Parenting and caregiver support
  - Education on a person's disability and its impact on their day
  - How to support someone through challenging life experiences
  - Strategies to support someone who may be engaging in risky behaviours

LiveBig uses the NDIS Pricing Arrangements and Price Limits for our service charges for NDIS Participants.



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