

FIRST APPOINTMENT

THERAPY CLIENTS

1 BEFORE

- Complete the online Service Agreement (sent to you by email or sms)
Trouble completing the agreement? No problem, please reach out
- Dot point topics you wish to discuss
- Provide or prepare any referrals
- Prepare glasses, hearing aids, fidgets etc.



2 ARRIVING

- In Clinic: Ring the bell on arriving
- Take a seat & make yourself comfy
- Any issues call 1300 3666 14
- Your therapist will come get you
- Phone: Your therapist will call you
- Video: Click the video link (in the sms or email reminder)
- You will wait in a virtual waiting room
- Your therapist will join the session



3 CONNECT

- Your session will usually run for 50mins
- Your therapist will build a relationship with you or your child
- Discuss concerns & circumstances
- Set goals
- Therapist may make recommendations
- Q & A



4 MEASURES

- Your therapist may have you:
- Complete measures
- Email you or relevant others measures/questionnaires
- Request other documents, reports, referrals
- Set homework tasks



5 PAY & BOOK

- Make payment
- Book follow-up appointments
- We recommend you book several sessions in advance to secure your preferred times + dates



During your first few therapy sessions, it is normal to feel nervous. Let your practitioner know if there are specific things they can do to help you feel more relaxed. The first appointment will be different from subsequent ones, which involve a recap, reviewing homework, and continuing the work done together.

FIRST APPOINTMENT

ASSESSMENT CLIENTS

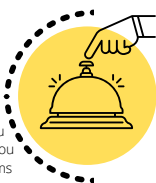
1 BEFORE

- Complete the online Service Agreement (sent to you by email or sms)
Trouble completing the agreement? No problem, please reach out
- Dot point topics you wish to discuss
- Provide or prepare any referrals
- Prepare glasses, hearing aids, fidgets etc.



2 ARRIVING

- In Clinic: Ring the bell on arriving
- Take a seat & make yourself comfy
- Any issues call 1300 3666 14
- Your psychologist will come get you
- Phone: Your psychologist will call you
- Video: Click the video link (in the sms or email reminder)
- You will wait in a virtual waiting room
- Your psychologist will join the session



3 CONNECT

- Your session will usually run for 90 minutes
- Your psychologist will build a relationship with you and/or your child
- Thoroughly discuss your concerns & circumstances



4 RECOMMEND

- Your psychologist will recommend further assessment & explain the assessment process and/or
- Refer on and/or
- Make recommendations
- Q & A



5 PAY

- You make payment
- Your psychologist will contact you via email within 1-5 business days

