

Your first therapy appointment

Your first appointment is a chance to get to know your therapist, discuss what has brought you in and begin identifying what you would like to change.

1

Before your appointment

- Complete the service agreement and any forms the clinic sends you.
- Send available referrals or relevant reports.
- Note the concerns, priorities or questions you would like to discuss.
- Bring any glasses, hearing aids, communication tools or sensory supports you use.

2

Joining us

- For North Lakes appointments, arrive with enough time to settle in.
- For online appointments, use a private space, reliable internet and a suitable device.
- For telephone appointments, keep your phone nearby and confirm the clinic has the correct number.
- Allow the appointment time shown in your booking confirmation.

3

During the conversation

- Talk about current concerns, circumstances, strengths and what matters to you.
- Begin identifying priorities and goals for therapy.
- Ask questions about privacy, the therapy approach and what future sessions may involve.

4

After the appointment

- Your therapist may suggest questionnaires, resources, between-session practice or other supports.
- Arrange follow-up appointments if you would like to continue.
- Share what helped you feel comfortable and what could work better next time.

i

It is normal to feel nervous before a first appointment. Tell your therapist about any accessibility, sensory, communication or comfort needs before or during the session.