

## Psychology

A Psychologist can assist in understanding, preventing and treating developmental, cognitive, social and emotional difficulties by understanding thought processes and actions of an individual and interpreting them to help resolve issues causing emotional or behavioural concerns.



They can support the individual during the different stages of their development and chronological age, though the following:

- Counselling
- Educational and developmental
- Psychological support to the family
- Therapeutic intervention
- Assessment

### Who can access Psychology?

Our Psychologist can work with a person directly and/or their families.

### What does Psychology at Hessel Group look like?

At Hessel Group our Psychologists can help individuals and families with:

- Behavioural problems
- Anxiety disorders
- Depression
- Dealing with Grief and Loss
- Adjustment disorders
- School issues (such as bullying, performance anxiety and perfectionism)
- Family issues (such as parental separation, relationships and helping parents, siblings and other family members to cope with the stresses of having a child with a disability)
- Toileting issues
- Sleeping problems (including delayed sleeping patterns, settling difficulties, sleep associated problems, issues with initiating or maintaining sleep, and trouble waking in the morning)
- Trauma and attachment disorders
- Body image and eating concerns
- Parenting Skills, particularly for parents of children with a disability or challenging behaviours
- Behaviour Management

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## At Hessel Group our Psychologists can help individuals and families with(continued):

- Assessment and Intervention of Autism Spectrum Disorder
- Psycho-educational Assessments to provide information regarding an individual's intellectual capacity, cognitive functioning, academic achievement and specific learning difficulties.
- Emotion recognition and regulation
- Relaxation strategies
- Diagnosis of Autism Spectrum Disorder

## How long are sessions?

Therapy sessions are typically 1 hour in duration and can occur in our clinic, the client's home, educational facility or workplace. Sessions can occur as frequently as required, but in most cases, this is either weekly or fortnightly.