

Consultation Procedure- Children and Adolescents

Dear Client,

Thank you for trusting us with the care of your child. We have a team of dedicated, experienced psychologists who offer the following services:

- Play therapy (6 to 12-13 year olds)
- Therapy for adolescents
- Psycho-educational Assessments

Please see the following information which we have put together to help you understand the process of therapy for children.

1. Parent Intake Session

A first consultation is necessary during which you discuss your child's developmental history and provide your psychologist with the necessary background information prior to his/her evaluation / psychotherapy. (Please note that the child is not present during this consultation)

Duration of first consultation:

- 6-14 years old: 1-1.5 hours
- 15 years and above: 1-1.5 hours

2. Psycho-educational Assessments

If it is decided that your child should be evaluated, a full psycho-educational evaluation will include the following:

- An Intelligence evaluation (IQ)
- Cognitive Control battery (Concentration)
- Emotional Assessment
- Motor and Perceptual Assessment
- Scholastic assessment
- School Readiness Assessment (when applicable/ if requested)
- Assessment of aptitude, interests, personality, values and personal narratives to facilitate subject / career choice (when applicable/ if requested)

Duration of evaluation: 3-6 Hours depending on the child's work speed and concentration. We recommend splitting the assessment over a two-day period.

3. Psychotherapy / Play therapy

Specific play therapy techniques will be used to assess how a child or adolescent experiences their world and how they communicate and react to the events and people in their world. Children are led to become aware of what they are feeling, and opportunities are given to express these feelings. Awareness is a very important process in play therapy, because without awareness change is not possible.

Duration of each session: ± 50-60 minutes

4. Feedback Sessions

Feedback sessions must be scheduled after every 4 sessions, during which your psychologist will discuss either the child's test results if an assessment was conducted or outcomes of play therapy/psychotherapy. If a report is requested, it will be available as soon as possible after the feedback date and no later than 7 working days after the feedback session.

Duration of feedback session: 1 hour

Please feel free to contact the office should you require any additional information.