



Mental Health

Open Psychology Therapy

Program Description

Royal Far West's (RFW) Open Psychology Therapy is a technology-assisted support program delivered into the schools and homes of children and parents from rural and remote areas of Australia. Clinical Psychologists will work with children aged 12 and under (and their parents) who are presenting with mild to moderate mental health, behavioural or social difficulties using evidence-based therapies.

Program Structure

Psychology therapy through the RFW Open Psychology Therapy module is delivered by video technology, or 'telecare'. Therapy goals and plans will be jointly established with children and families and up to 12 sessions may be offered where needed. A level of parent or family involvement is required for all referrals, although the degree of involvement will vary depending upon the child's age and the presenting difficulties. Where a child is young, sessions may be entirely parent-focussed. Contact with a class teacher or learning and support teacher is also valued where possible to ensure a thorough assessment and treatment plan. The program will involve:

- An initial screening call by a Clinical Psychologist to determine eligibility
- An in-depth initial interview/assessment with parents/teachers (via telecare)
- Child interview/assessment and observation (via telecare)
- Up to 12 psychological therapy sessions of 50 minute duration using evidence-based treatments (NB: the number of sessions will be dependent upon a child's presenting difficulties and the level of severity)

Who is appropriate?

- Children must be aged 12 years and under
- Parents or carers of children referred must provide consent and willingness to be involved throughout treatment
- Where it is agreed that children will be seen without their parents, they must have a literacy skills of at least a year 3 level
- The primary concern for the child must be mild to moderate
- The child and parent must have access to a computer, webcam and a satisfactory internet connection
- The child and parent must be willing to attend weekly to fortnightly sessions throughout the duration of treatment

If you have immediate or imminent concerns regarding a child's safety and wellbeing, please contact your local emergency department or call triple zero (000). A referral to this program is unlikely to be appropriate.

How the program works

- A child's parent or school identifies a need for psychological intervention
- The teacher and parent discuss the program before calling RFW to refer the child onto the program
- A screening call is conducted and following confirmation of eligibility, the child and parent are scheduled for a regular session time
- Depending on access to technology, the child's parents and teachers decide on whether sessions will be take place at school or home
- An initial assessment is conducted, and joint goals are established for treatment
- A child and parent are seen for the required number of sessions, and throughout therapy, they are asked to complete rating scales to measure progress
- Following completion of therapy, post-program questionnaires are completed for evaluation purposes

How the school is involved

It is expected that as part of this program the school will:

- Liaise closely with the child's parents regarding school-based concerns for their child
- Where required, provide the RFW team with appropriate contacts for scheduling consults with a Clinical Psychologist
- Where sessions are completed within the school environment, the school will:
 - Use the appropriate computer setup for consultations
 - Ensure all participants are available to complete required evaluation surveys
 - Notify the RFW Telecare team of cancellations as soon as possible e.g. where children and/or parents cannot attend
 - Upon completion of the program, those involved in consultations (parents and teachers) will be asked to complete evaluation surveys

Contact us to discuss your children's needs and to get an obligation-free quote!
Group discounts available

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