



Clinical Psychology

Royal Far West Clinical Psychology Telecare services are customised to the needs of the individual child and designed to be highly engaging. Telecare sessions may involve the psychologist working with the child, and/or supporting the child through working with parents/carers and school staff.

What can a psychologist help with?

- Presenting problems may include:
 - Anxiety
 - Low self-esteem
 - Low mood
 - Anger
 - Grief and loss
 - Behaviour problems
 - Attention difficulties
 - Social difficulties
 - Bullying
 - Learning difficulties

What do you need for Clinical Psychology Telecare?

- A private and safe space for Telecare sessions
- An adult (e.g. staff member, parent) to supervise and support the sessions when required
 - If the session is with the child only, a supervising adult must remain nearby and be available to ensure the safety and wellbeing of the child is maintained (duty of care)
- A computer, laptop or tablet/iPad with a camera, microphone, speaker and a good internet connection

Detailed information on requirements can be found in our [*Telecare Set-up*](#) handout

Individual Therapy

Our Clinical Psychology Telecare sessions are designed to support children with mild to moderate mental health, behavioural and/or social difficulties and are typically structured as follows:

- Assessment sessions with the child's parent/carer, school staff and the child (gathering background information)

- Weekly therapy sessions
 - Sessions may involve working with the child, parent/carer and/or school staff depending on what is most appropriate

Telecare Cognitive Assessment

A cognitive assessment is a formal test that measures a child's general thinking and reasoning skills. The information gathered provides an understanding of a child's learning strengths and difficulties and helps to inform recommendations to support their learning. Cognitive assessments are often completed to understand a child's developmental profile when they are showing delays in their development.

Cognitive Assessment sessions are typically structured as follows:

- Assessment sessions with the child's parent/carer and school staff (gathering background information)
- Formal cognitive assessment with the child using a tool known as the Wechsler Intelligence Scale for Children – Fifth Edition (WISC-V)
- Feedback to parents/carers and school staff
- A written report is provided with recommendations to support the child

Please contact our Telecare team to discuss how this program may support your child or student

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