



Psychology

Addressing your concerns and supporting you and your child in a safe and supportive setting.

Why Growing Early Minds?

We make it easy for families to access speech-language pathology, occupational therapy, dietetics, psychology and behaviour support all under the one roof.

- Proud history of over 20 years
- Experienced allied health professionals
- Best practice, evidence-based methods
- Collaborative, holistic, family-centered approach
- Support offered in clinic, mobile or via telehealth
- Link to free supported playgroups and programs
- Registered NDIS and Medicare Provider
- Interpreting and translation services available
- Memberships held across all peak bodies
- Not-for-profit, registered charity status
- TPV and ISO9001 certified



Australia Health Practitioner Regulation Agency (AHPRA) supports 15 National Boards and is responsible for regulating health professions e.g. occupational therapy, psychology etc.

The primary role of the National Boards is to protect the public and set standards and policies that all registered health practitioners must meet. All our Growing Early Minds psychologist are registered AHPRA practitioners.

About Growing Early Minds

Growing Early Minds is a community based, not-for-profit organisation that provides early intervention and disability support to children between 0-16 years.

We're a registered NDIS and Medicare provider and families have the option to visit us in clinic, mobile or via telehealth.

We're committed to supporting and growing the potential of children, families and communities, and this has remained unchanged since our initial establishment in 1994.

For more information about our team, services, programs and funding options visit growingearlyminds.org.au

Psychologists can teach children how to identify, process and deal with their thoughts and emotions in a conscientious and productive way.

A session with a psychologist from Growing Early Minds can help you and your child navigate a challenging situation in a safe and supportive environment.



Struggling with social, emotional, mental health or behaviours of concern?



Pinpoint specific issues, understand what your child is experiencing and learn practical strategies.



Experience with complex needs, developmental delay or disability.



Start your journey by contacting us today!

What is psychology?

Psychology is understanding how and why people think, feel, behave and react the way they do. A psychologist puts that knowledge to use by helping children who may be struggling with social, emotional, mental health or behavioural difficulties, which can impact their learning, relationships and emotional well-being at home and at school.

Therapy, particularly in the early years of a child's life, can address concerns when the brain is developing rapidly and is most open to change, which can have a lasting positive impact into their future. A psychology session may be beneficial if a child has a diagnosis or has experienced:

- Developmental disability, intellectual disability, developmental delay, Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD) or Autism Spectrum Disorder (ASD)
- Difficulties with emotional regulation and maladaptive behaviour
- Trauma, stressful events and adjustment issues
- Concentration and learning difficulties
- Assessing current difficulties
- Anxiety related disorders
- Mood disorders

Ask about our tailored educator workshops, parent training and school programs we offer.

Would my child benefit from psychology?

There are a number of signs which could indicate your child may benefit from psychology.

These may include:

- Presenting with behaviour that is disruptive, concerning or challenging
- Difficulty coping with big changes or transitions in life
- Experienced trauma is struggling or unable to cope
- Extreme emotional reactions, aggression or anger
- Difficulty with relationships e.g. family, siblings, friendship
- Poor concentration, communication and social skills
- Low moods, withdrawal and anxiety
- Challenges with self-esteem
- Avoidance of situations



What can I expect during a psychology session?

Our sessions range from 30, 45 or 60 minute time blocks and will be with one of our experienced psychologists.

Our qualified psychologists will conduct an assessment to pinpoint specific issues, their effects and what is causing them. Based on the assessment and goals, we will then develop a treatment plan and implement evidence-based strategies to help overcome the presenting issues. We take a collaborative and capacity building approach engaging and working with the family, educators and other health professionals to ensure everyone has the right tools to respond appropriately.

When working with children and adolescents, our psychologists will work with the parents or carers depending on the young person's age. Typically, our psychologists will work closer with parents for younger children, and will provide updates as necessary for older teenagers.

How do I arrange an appointment?

If you feel psychology might be beneficial contact us today. You don't need a referral from a GP or paediatrician, although this may help offset the cost of therapy. We will discuss with you the best pathway, fees and provide you with our referral form, along with any other important information we've discussed. Alternatively, you can download our referral form directly from our website.

Talk to us today to see how we can help you.

Visit us in clinic, mobile or via telehealth.



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Registered NDIS Provider | Allied health professionals | Not-for-profit
Growing Early Minds is an initiative of Growing Potential Ltd.