

Our Vision
Transforming children's lives

Our Mission
To help children flourish through
therapy and family support

Accessing our services

Families can contact us directly to access most of our therapy services. A referral from a doctor or other allied health professional is not required for our private services, but families need to meet eligibility requirements to access government funded programs.

Cost of services

The cost of service depends on the funding source, length and type of service required. Some therapy services can be partially claimed through Medicare if a referral for a GP / Team Care Arrangements Plan is made by a GP. Private health rebates may also apply. As a charitable organisation, the cost of Kids Are Kids! services are subsidised to be affordable for all families.

Payments and cancellations

Payment is required at the time of the service. Payment for assessments is required at the first assessment appointment. The assessment report will be released once full payment has been made. We require 24 hours notice for cancellation or rescheduling of appointments otherwise a 50% fee may apply.

Enquiries and appointments

We understand that the health system can be complex and we support families to understand which programs and services you may be eligible to receive. For further details about any of our programs or to discuss your child's difficulties and needs please contact us.

REACHING POTENTIAL TOGETHER

The Kids Are Kids! team is passionate about helping children and families.

Our dedicated team of qualified therapy professionals provide specialist therapy services including:



Speech Pathology
Occupational Therapy
Physiotherapy
Clinical Psychology
Parent Workshops & Support

Kids Are Kids! is registered to provide supports for National Disability Insurance Scheme participants



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Clinical Psychology Services

www.kidsarekids.org.au

KIDS ARE KIDS!
THERAPY & EDUCATION CENTRE INC.

What is Clinical Psychology and how can it help?

Clinical Psychology supports the emotional wellbeing of people of all ages. Clinical psychologists have specialist training in the assessment and diagnosis of major mental illnesses and psychological problems. Through their specialist training, clinical psychologists are qualified to provide expert opinion in clinical areas. This includes behavioural and psychometric testing as may be required.

The Clinical Psychologists at Kids Are Kids! have extensive training in the diagnosis, treatment and prevention of mental health, personal, and family issues, and use evidence-based practice in their treatment approach. They are specialists in applying psychological theory and scientific research to solve complex clinical psychology problems requiring individually tailored interventions.

Some of the areas our Clinical Psychology services support are:

- Children's behavioural issues such as tantrums, violence, non-compliance, or aggression
- Developmental issues such as toileting, sleeping, eating, sharing, turn taking, social skills and developing independent self care
- Children's emotional issues such as emotional regulation, learning to manage difficult emotions, anxiety, depression and mood problems
- Family issues such as sibling conflict, parent communication, or marital support
- Parent issues including grief, stress, anxiety, depression, and managing emotions
- School issues including school adjustment, school refusal, bullying and teasing, reducing challenging behaviours, staying on task and setting the environment up for successful learning
- Social issues including improving social and communication skills
- Anxiety disorders and stress
- Psychometric testing

We can help you and your child to develop skills; regain confidence and self-esteem; support you to develop more effective and rewarding relationships with your family; and help your child to reach their full potential.

At Kids Are Kids! we believe that children and young people can make changes in their lives and grow into happy and healthy adults. We take a family-centred approach in our work with you, as a child's relationships and contextual experiences are important influences in their lives. Our family-centred approach also acknowledges the impact of behavioural and emotional problems on all family members.

During your child's treatment with Kids Are Kids!, it's important to understand that some of the counselling techniques we use with children and adolescents are a little different from those used with adults. Your child may tell you that they played a game, drew a picture, played with toys, or used craft. We use these techniques because, if we were to simply sit and talk with your child, they may feel hesitant and uncomfortable in telling us their concerns. So at Kids Are Kids! we combine talking with other strategies, such as the use of games, art, toys and craft to help children and young people feel comfortable and able to share their stories.



Family Centred Approach

We are a family-centred practice, meaning that families are an integral part of the intervention team, and work with therapists to develop their child's skills together. This approach recognises the expertise of the family who knows their child's needs the best. The family and therapy team work together to set goals based on the family's objectives.

When to use Clinical Psychology services

If you feel anyone in your family has difficulties with any of the areas above, or if you feel you could cope better with more support, our team of experienced Clinical Psychologists can help. We can offer a consultation and /or assessment to identify therapy needs and provide you with recommendations. Following your initial consultation or assessment we are able to offer further services as you need. These may include:

- Ongoing one-to-one therapy sessions at our centre, for child and/or parent(s)
- Group sessions to develop social skills
- Home and school programs
- Consultation with classroom teachers
- Parent and teacher information sessions
- Family or couples counselling

Funding and payment

A range of payment options are available to families depending on your funding situation. All families enrolled in the KidStart Early Intervention Program (DSC) have the option to include a number of clinical psychology sessions as part of their therapy package at no cost. Additional services may require payment. Families can also access our clinical psychology services through DSS Better Start or Helping Children With Autism funds to cover costs or their NDIS or My Way plans. Medicare and Health Fund rebates are also available through a referral from a GP, Paediatrician or Psychiatrist. Families can also access our services privately through our Fee for Service Program.