



Suite 4,16 Innovation Parkway, Birtinya, 4575

Ph: 0415 513 631 Fax: (07) 3036 5363

Email: info@elementalpsychology.com.au

Web: www.elementalpsychology.com.au

- Psychology services for children & adolescents
- Small Group Programs
- Autism/ADHD Assessments

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PSYCHOLOGY SERVICES

We provide psychology services for children and adolescents through face to face and telehealth sessions. We offer a diverse range of programs that focus on emotion regulation techniques, social skills, communication skills, academic supports, life skills, and behavioural support strategies.

Our psychologist can help with:

- Anxiety
- Depression
- Social skills
- Anger management
- Behavioural challenges
- Autism
- Attention Deficit Hyperactivity Disorder
- Learning challenges
- Grief and loss
- The loss of a life circumstance or ability
- Role Transitions
- Interpersonal Disputes
- Relationship stress or conflict amongst family members
- Assessments to assist with ruling out Autism, ADHD, and a Specific Learning Disability in Reading, Writing, or Mathematics

SERVICES PROVIDED FOR AUTISTIC AND/OR ADHD INDIVIDUALS

- Individual and group psychology sessions for children and adolescents
- Social and emotional skills development
- Family support and psychoeducation
- NDIS reports, including initial applications and renewal reports
- Comprehensive cognitive and educational assessments
- School observations and teacher consultation
- Review of visual supports including a visual schedule and timer (e.g., the Time Timer app)
- Social stories
- Collaboration with additional service providers, e.g., speech therapist, occupational therapist, support worker



SESSIONS AVAILABLE

FUNDING OPTIONS



- Medicare
- Private Health Insurance
- NDIS
- North Coast Aboriginal Corporation for Community Health (NCACCH)
- Work Cover

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LEANA EDWARDS

Director
Psychologist

Leana enjoys working with children and adolescents. She focuses on the prevention, evaluation, diagnosis, and treatment of mental, emotional, social and behavioural health issues.



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ASSESSMENTS PROVIDED

- Autism - ages 4 to 18 years
- ADHD - ages 5 to 18 years
- Specific Learning Disability - reading, writing, and mathematics ages 6 to 18 years

We use an evidence-based, multimodal, and comprehensive approach to complete assessments. An in-depth developmental history will be reviewed to help rule out differential diagnoses.

A comprehensive report will be provided and reviewed with the client, parent and/or carer. This will be followed by the recommendation for further review and assessment with a Paediatrician or Psychiatrist to assess whether a diagnostic decision can be made, and/or to review additional actions needed in support of the client.

TOOLS COMMONLY USED

We offer the following programs for children and adolescents. To find out more details about individual and group opportunities, please visit our website.

Collaborative & Proactive Solution (CPS), developed by Dr Ross Greene, has a track record of dramatically improving behaviour.

Facing Your Fears utilizes cognitive behaviour therapy to reduce anxiety symptoms among children diagnosed with autism and other learning differences.

Children's Friendship Training, by Fred D. Frankel and Robert J. Myatt, details strategies to assist with social skills for children.

Zones of Regulation is a technique to assist children with emotion regulation, behavioural management, and social skills.

Interoception, developed by Kelly Mahler, is a therapeutic tool to increase a child's understanding and awareness of their physical sensations.

Interpersonal Psychotherapy (IPT) is a type of psychotherapy that aims to alleviate symptoms by enhancing interpersonal functioning.

Secret Agent Society (SAS) assists children and adolescents with social and emotional skills in a small group or individualized setting.

Lego Therapy is designed to help children and adolescents with Autism, Attention Deficit Hyperactivity Disorder, and other related challenges with social skills and anxiety conditions.

Please visit our website for more information or call us to book an initial session.



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LEANA EDWARDS

Director
Psychologist

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Registered with Australian Health Practitioner Regulation Authority (AHPRA)
Medicare Registered Provider of Psychology Services
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