



Curtin University



# THE CHILD AND ADOLESCENT PSYCHOLOGY CLINIC

The Child and Adolescent Psychology Clinic provides assessment and therapy for children, adolescents and families in a one-to-one client focused environment.



This service is provided by Clinical Psychology Trainees undertaking supervised advanced postgraduate training.

The therapists are supported and supervised by a team of highly experienced, registered Clinical Psychologists, in the area of child and adolescent services.

**The clinic is proficient in a range of child/ adolescent and associated family problems.**

This includes, but is not limited to depression, obsessive compulsive disorder and generalised anxiety.

Treatment is also available for children and adolescents experiencing low self confidence, separation anxiety, phobias, social competence, perfectionism, behavioural problems and self care (encopresis/enuresis).

The clinic also offers assessments for children with academic and learning difficulties, including for those with a diagnosis of ADHD.

### **Individual treatment**

After initial assessment, a plan for therapy is drafted that is specific to the individual needs of each client. The therapist will carefully explain the program and will answer any questions you or your child may have.

### **Fees**

Individual treatment is \$45 a session.



## Group programs

Aussie Optimism Groups are also conducted and are run periodically depending on demand.

- **Feeling and Friends Group (6-8 year olds)**  
This 10 week program focuses on early skills to do with recognising feelings in the self and others as a precursor for empathic development, the relationship between thoughts and feelings, and assertiveness.
- **Positive Thinking Skills Group (8-10 year olds)**  
This 10 week group program focuses on emotional competence, and cognitive skills. The program assists children to identify their feelings and thoughts, to learn strategies to cope with fears, and teaches them how to relax and think rationally about situations. These skills enable children to be resilient and feel good about themselves.
- **Social Life Skills Group (10-12 year olds)**  
This 10 week group program teaches children how to regulate their feelings, communicate effectively and solve interpersonal problems. Activities develop the child's confidence to use skills in a variety of contexts, including resisting peer pressure.

Sessions are recorded to allow the therapist to give the best intervention by close supervision. Recordings are completely confidential and are wiped after supervision is completed.

## Fees

Group programs are \$25 per session.

**Due to ethical issues, the service is not available to Curtin staff or students enrolled in courses at Curtin University.**

## CONTACT INFORMATION

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