Psychology Consultation Information Guide

Helping families feel informed, prepared and supported before an initial parent consultation and any follow-up sessions.

Beginning with your family's priorities

Psychological support starts by understanding your child's strengths, experiences, needs and the changes your family hopes to see. The first step is an initial parent consultation without your child present, allowing an open conversation and helping you and the psychologist agree the most useful next steps.

Complete the Psychology intake forms

Please complete the intake forms as thoroughly as possible. The information helps the psychologist prepare relevant questions, consider any research or background information and ask for further details before meeting with you.

It also helps create a rounded picture of your child's history, strengths and areas of difficulty. If important new information emerges that was not included in the intake forms, the psychologist may recommend a further parent consultation.

> Your next step: Complete the Psychology intake forms before the deadline in your booking email. Tell us if you need help accessing or completing them.

The initial parent consultation

A focused conversation to understand what is happening, what matters most and what may help next.

Why the first meeting is parent-only

Meeting without your child present allows you to speak openly and helps the psychologist explore your concerns, your child's history, their strengths and the situations in which difficulties are most noticeable.

The consultation supports shared goal-setting and planning. The next step may include psychological intervention, sessions with your child, parent work, further consultation or another recommendation based on your family's needs.

Will I receive a written report?

A written report is not included as part of the initial consultation or follow-up sessions. A summary report or letter can be prepared on request for an additional fee. Please discuss the purpose and intended recipient with the psychologist so we can explain the scope, timescale and cost before proceeding.

Questions and accessibility

If you or your child need any adjustment to communicate comfortably or take part in appointments, please tell us in advance. We want the process to feel clear, respectful and accessible.

Follow-up sessions with your child

The psychologist will create a safe, structured and age-appropriate space for your child or young person.

Will a parent join?

Parents may be asked to join a session depending on the child's needs and the aims of the work. At other times, working independently with the psychologist may help the child or young person speak and participate more freely. Parents are welcome to wait in reception.

The psychologist may also invite a parent or sibling to join when this would support the work.

Feedback and confidentiality

Sessions should provide a safe and confidential space for the child or young person, so routine parent feedback is not normally included within the child's appointment.

You can contact reception or the psychologist to arrange a separate parent consultation if you would like a fuller update. The psychologist may also recommend a parent follow-up meeting to discuss progress, feedback and next steps.

If the psychologist is concerned about your child's safety or somebody else's safety, they will contact you when your child is not present and follow appropriate safeguarding procedures.

> Important: Confidentiality will be explained in an age-appropriate way. The psychologist will also explain the circumstances in which information may need to be shared to help keep somebody safe.

Helping your child prepare

Simple, honest reassurance can help your child feel more comfortable about meeting the psychologist.

What to say

If your child understands the difficulties they are experiencing, you can explain that the psychologist is there to listen, support them and work together on things they would like to feel easier.

- Tell your child that the psychologist is a safe person to talk to and work with.
- Explain that the psychologist will be kind, patient and ready to help.
- Reassure them that the session is not painful and there are no injections.
- Avoid promising that everything they say will remain secret; explain that adults may need to help if somebody is unsafe.

What happens at the clinic

Please arrive around five minutes early, check in with reception and allow your child time to adjust to the new setting. The psychologist will meet you in reception.

The psychologist will make the room as calm and free from distraction as possible. The clinic can be busy and there may occasionally be people or noise elsewhere in the building.

How often are sessions?

This varies because every child and family is different. Weekly sessions are commonly recommended because regular contact helps psychological work build momentum and supports meaningful change. Your psychologist will discuss the frequency and review plan with you.

Meet our psychology team

Our psychologists bring different areas of experience while sharing a warm, thoughtful and evidence-informed approach.



Lana



Stephanie W



Anusha



Jacqueline

Read more about each psychologist by selecting their name in the digital version of this guide, or visit therapy4kids.co.uk/team/

We look forward to meeting you

Our team will help you understand what to expect and what happens next. If anything would make the consultation or your child's sessions more comfortable or accessible, please tell us before the visit.

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