



What to expect during your first session

Welcome! We're here to support you and your child. Our initial sessions look a bit different to our regular appointments, as there is more focus on talking than on activities and play. Here's what you can expect during our first session together:

How Can We Help?

All our work focuses on helping people be the best they can be. We use lots of fun and play to achieve this.

But before we can get to that, we need to spend some time talking through and understanding your challenges. This helps us partner with you to build the best path forward.

In-Depth History

It's really important for us to understand the broader context of your child and family. While we've gotten some basic information from your online intake form, we'll delve deeper into this with you in the first session.

We also want to spend time getting to know you and your family. We want to understand the things that are important to you.

Goal Setting & Planning

We'll discuss what you hope to achieve throughout this journey. By the end of the first session or two, you'll have an idea of what we'll be working on in future sessions.



Does my child need to come to the first session?

We get this question a lot. Ultimately, you know your family dynamics best, so we'll be led by you. Your therapist is flexible and will be ready for any combination of people who attend the first appointment.

Here are some reasons you might like an adult only first session:

- There is a higher focus on talking about the challenges in the first session. At times, this may be upsetting for a young person to hear - especially when meeting their therapist for the first time.
- Talking about their child's challenges in front of them can also be uncomfortable for parents/carers. Not only do we want you to feel as comfortable as possible with us, but your child is also likely to pick up on any of your discomfort. If you appear uncomfortable in the first session because you don't want to say something in front of them, your child may actually misinterpret this as discomfort with us or with therapy.
- Some young people are not yet aware of everything we need to know. This might include diagnoses, complex medical issues, prognosis, or even how much their behaviour is impacting those around them.
- Does your child experience significant anxiety?

If you would like to bring your child to meet the therapist for the first session, but then discuss things separately at an adult-only follow up session, just let your therapist know.