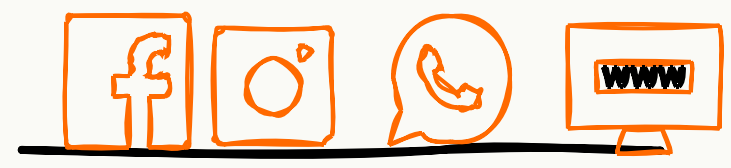


Connect 2 Thrive Client Journey

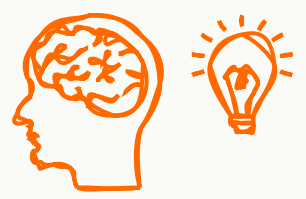
Information Sources



Initial Phone call or meet and greet

During our call you will be asked about the current concerns that lead to your contact. Discuss supports available & how C2T can work with you. If not the right fit, we will also provide you with alternative contact options.

We will email you forms to be completed before first consultation



Therapeutic Interventions

Clinician establishes a therapeutic alliance, where safety in relationship is established. Together, the person accessing therapy with clinician, work together to reach therapeutic goals that have been developed. A range of therapy tools will be utilised to support growth, insight and regulation. Clinician will regularly review process & progress.



Make an enquiry

Connect C2T
sarah@connect2thrive.com.au
 or website enquiry
www.connect2thrive.com.au

We will provide you with information on supports available and offer a free 15 minutes phone call to decide if C2T is the right fit

Meet & Greet First Consultation



Allow 1-1.5hr parent consultation. You can prepare prior to consultation by jotting down questions, concerns you have. C2T will also ask questions about the symptoms of concern; developmental history; what you would like to gain from C2T. We will also provide feedback on what supports are recommended or therapy options. We will also book in on-going appointments

Therapeutic Mastery

In child therapy, the child will engage in activities that require a sense of accomplishment. They will be displaying greater insight. Children will start to express their feelings/ emotions and understanding of the world with less distress (at a level that is developmentally appropriate). For adults, mastery is having insight into distress, experiencing a sense of safety in their world, feeling a 'better', experienced improved relationships, and mastering healthy coping mechanisms.

Therapy Closure

