

# POP PSYCHOLOGY

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## Welcome!

Hi, I'm Rach, thank you so much for coming along to meet me!

It can take a lot of courage to meet a stranger and start talking about yourself and your life, which might mean sometimes discussing difficult things, so I appreciate that you made it here. A lot of kids when they first meet me are unsure what a Psychologist is. So that's why I have written this letter to you so that I can explain it all.

My name is Doctor Rachel Bushing. You can call me Rach or Dr. Rach or Rachel or Dr. Bushing, I don't really mind.

I am a doctor so I help people to feel better. You might have only met doctors before when you are sick, or have hurt yourself, or maybe when you need to get a needle (ouch!), but I'm not that kind of doctor.

A Psychologist is a type of doctor who helps people with problems like...

- If feelings sometimes get too big or out of control
- If you find that things don't go your way or you keep getting in trouble
- If you want help with getting along with people
- If you want to change or improve in some other way

Probably you will feel a bit unsure at first about how to start with me helping you. That's ok. We only have a few things that you need to keep in mind.

1. I am here to help **you** - not your Mum or Dad or your teachers or your brother or sister or neighbour or dog - you! I will always stick up for you.
2. There are no right or wrong answers here. Only ideas!
3. We will learn together how best I can help you. I will need you to help me with that at first.
4. My job is to notice what happens in your life and then coach you about how you and the people in your life can change things.
5. You are not in trouble and you haven't done the wrong thing (when you get down on yourself like that it is hard to learn).
6. I believe in having FUN while learning - I don't want to fall asleep from boredom!

I can't wait to get started ☺