



Psychological Services

Supporting Families. Empowering Children.

Many children with dyslexia experience **emotional challenges, such as worry, anxiety and low self-esteem**. We are here to assist children with dyslexia to break the cycle of frustration and self-doubt.

Psychological support services at Thrive aim to empower children with dyslexia to build confidence, manage challenges, and discover their strengths, fostering emotional well-being through therapeutic intervention.

Our areas of expertise include:

- Emotional Regulation & Management
- Behaviour Support (at school and at home)
- Anxiety & Worry Management
- Managing ADHD and parenting support
- Overcoming School Refusal/school anxiety
- Supporting School Transitions
- Building Self-Esteem & Resilience
- Parenting Guidance for children with diverse needs.

When/How to refer

As a parent, you know your child best; if your child displays any worrying or concerning behaviour or changes to their emotional regulation, or if you feel you would like support on how to manage your child's wellbeing- our Psychology team are here to help.

Should you wish to engage in our psychological support services, please call or email our reception team. Referrals are triaged each week.

Referral, Rebates & Support Options

You do not need to have a referral for your child to see a psychologist. However, a referral often helps as your child's GP or paediatrician may complete a mental health treatment plan.

You may be eligible for the following:

- **Medicare Mental Health Care Plan**
Receive rebates for an initial 6 sessions (accessed through your local GP). An additional referral is needed for an additional 4 sessions. Please contact your GP directly to discuss.
- **NDIS Packages**
We support children with NDIS plans that include psychology goals (self or plan-managed only)

- **Private Health Insurance**

Contact your provider to learn more about the rebates available.

Meet our Team

Maxine Rowland (Registered Psychologist)

Maxine is Registered Psychologist and registered with The Australian Health Practitioner Agency (AHPRA) and is a member of the Australian Psychology Society. Throughout her career, Maxine has held roles in Government, Non-Government and Educational settings in areas of Case Management, Behaviour Support, Child Mental Health, Psychology and School Psychology.

Maxine takes a **strengths-based approach**, passionately supporting children in reaching their full potential. Her therapy style creates a safe, nurturing, and fun environment where both children and families are empowered and actively involved in the therapeutic journey.

Maxine draws on several therapeutic modalities including Cognitive Behavioural Therapy, Trauma Informed Therapy, Mindfulness Based Intervention, Acceptance and Commitment Therapy and has strong focus on the therapeutic relationship.

Maxine has experience providing assessment and intervention to neurodivergent children and adolescents, Children with histories of developmental trauma, mental health concerns such as anxiety and depression or present with difficulties managing emotions and behaviour.

Further info-

Our fees are \$260 for an initial parent consultation to see our Registered Psychologist and \$230 for each remaining therapeutic session as per the NDIS Price Guide. Medicare rebates or NDIS funding may be available.

The number of sessions you have with your psychologist will vary for each individual. Some children may only require brief interventions while others may require more support. As you work with your psychologist you will develop a plan with them to give you a better idea of what to expect.

Need Immediate Help?

Thrive Psychology Services is not a crisis service. If you're in need of urgent support or experiencing a mental health crisis, please reach out to one of the following helplines for immediate assistance.

- Lifeline 13 11 14
- Kids Helpline 1800 55 1800
- Parentline 1300 30 1300