



INFORMATION PACK

Psychology Appointments



connect us PSYCHOLOGY



WHEN

Your appointment dates/times should have been confirmed via email - please contact me at hello@connectuspsychology.com if you have any questions about the date/time of your psychology sessions.



WHERE

In-person sessions



Connect Us Psychology Clinic.

**3/99 Tamar Street,
BALLINA NSW 2478**

**Scan the QR code
for directions**



**There is on-street parking on Tamar Street
(or other surrounding streets).**



**This is the front of the building
where the clinic is located.**

**This is the office door. You are welcome
to come in and sit down in our waiting
room. Please arrive around five minutes
prior to the session commencing.**

**Please help yourself to tea and coffee in
the waiting room. There is also a key in
the tea/coffee tray that is for the toilets
that are located further down the hall
(plain white doors). Please return the key
to the same location.**





This is the waiting room. You are welcome to sit and make yourself a tea or coffee. You or your child are welcome to read the books or use the fidgets available. Please try to keep the volume down where possible. If the door is closed there is a session in progress.

This is my clinic room. I can adjust the lighting, and temperature if needed – please let me know. There are many fidgets available, as well as a weighted blanket and other items you are welcome to use to ensure you are comfortable.





Tell me more about the space...

- I don't use *the big light* – lamps all the way!
- I have all.of.the.fidgets! Just *so* many! You are also welcome to bring your own.
- I have a squishy mat and squishmallows, along with loads of soft blankets.
- Shoes are optional. Comfort comes first!
- Wear whatever makes you feel comfortable.
- I have a *very quiet* dyson fan, air conditioning, and a heater – so we can make the temperature *just right*.
- I have a weighted blanket you are welcome to use.
- I have a range of seating options (e.g., chairs, lounge, beanbag, floor cushions).
- I have various items you can use during your session – such as kinetic sand, Lego, Loom Bands, puzzles, Uno, board games, and drawing materials.
- I have all.of.the.books! Again, just *so* many!
- There is an accessible bathroom nearby. The room is also accessible (and I can work with you to make it easier if needed).
- There is access to free on-street parking (reverse angle). There are also some nose-in (i.e., perpendicular) car parks nearby if you prefer these.



WHERE

Telehealth sessions



The link for your session will be provided via email - please let me know if you don't receive this.

If you have any concerns about using Zoom please follow [this link](#) for assistance.





This is a safe space to be who you are.

- I welcome all forms of communication - it's okay if talking doesn't come easily.
- There is no expectation that you maintain eye contact, or anything else that may be uncomfortable for you.
- You are welcome to move your body and fidget, if this is helpful for you.
- You are welcome to bring things with you if they will help you feel comfortable.
- You are welcome to bring people with you if they will help you feel comfortable.
- You are welcome to share your preferred name and pronouns with me, if this feels safe for you.





FREQUENTLY ASKED QUESTIONS





What happens during psychology sessions?

Psychology sessions can be structured or unstructured, depending on your preferences. Typically we will identify some goals for us to work on together. We may use a range of different things to help us work together on these goals. I use a number of different therapeutic approaches, depending on what is suited to you and your goals.

The most important thing is that you feel safe and comfortable. You don't need to answer any questions if you don't want to. You also don't need to know all of the answers - we can figure them out together!





How does confidentiality work?

What you share within our sessions is confidential. That means I won't share this information without your consent. There are times where I am legally required to share information - including if you are at risk, if someone else is at risk, or if there is a court order. You can also give your consent to me sharing information with particular people if you choose.

I put several things in place to ensure that your information is kept safely. You are always welcome to ask me more about the things I have in place to keep your information secure.





What accommodations are available to me during psychology sessions?

If you are attending in person, the following needs can be accommodated:

- Dimmed lighting
- Quiet environment
- Various seating choices
- Verbal, written, or assisted communication
- Access to various fidget items
- Low scent environment
- Breaks available when needed





If you are attending via Zoom the following accommodations are available:

- Verbal or written communication
- Camera on/off
- Breaks available when needed
- You are welcome to set up your environment in whatever way makes you most comfortable

If you require any accommodations that I have not listed please let me know and I will do my best to put appropriate accommodations in place.





What does neurodiversity-affirming mean?

Neurodiversity-affirming means recognising neurological differences as natural variations in human diversity, not deficits (or problems) to be fixed. This means we focus on acceptance, support, and empowerment, which involves identifying both your strengths and challenges.

If you'd like to learn more about neurodiversity, your neurotype, or neurodiversity-affirming practice - you are welcome to ask me to send you some resources to explore these concepts further.





GET IN TOUCH

**If you have any further questions,
please don't hesitate to contact me via
email below.**



hello@connectuspsychology.com

**If you have any suggestions on how we can improve
your experience at Connect Us Psychology you are
also welcome to tell me verbally or via email.**

