

Psychologist:

Factsheet for carers

Information for carers about the type of services that a Psychologist can provide for children and young people.

Psychologists are allied health professionals who specialise in evidence-based assessment and intervention related to behaviour, mental health, disability, learning and social functioning.

Psychologist

- Provide carers with resources and strategies to support developmental improvements, positive behaviour and carer-child relationships.
- Conduct assessments to identify and provide support for disabilities, learning disorders and other developmental and mental health disorders.
- Work with children and young people to support their functional skills in home, school, and community environments.
- Assist children and carers to develop skills for managing emotions, behaviour, and mental health difficulties such as anxiety and depression.

How do Psychologists support young children?

- Identifying developmental delays and working with families, carers and other professionals to implement strategies

that promote development and positive functioning.

- Supporting carers with a range of concerns around children's behaviour related to social difficulties, anxiety and difficulties with attention and emotional regulation.

How do Psychologists support older children?

- As children become more independent, psychologists assist children to better manage their own behaviour and emotions.
- Psychologists focus on strengthening relationships between adolescents and their carers and provide support during significant transitions.

What can you do?

Contact your DCP case worker and or child's therapist/s about being an integral part of the therapeutic support provided to your child.

Ask how you can support your child's therapy goals in the home environment.

Where can I learn more?

Please visit the DCP carers website for more information in supporting children and young people in care

<https://bit.ly/dcp-disability-development> or by scanning the below QR code:

