

Counselling services

Empowering young people in a supportive environment

Our approach is person centred. We listen to you and your child, after all you are the experts about your life even if you are experiencing some difficulties right now.

The psychologist will at all times respect your ideas and input and the aim is to work with the family collaboratively. There are different types of therapies that Child and Adolescent Psychology Services (CAPS) use that are evidence based, which means research has shown to be effective.

The main type of therapy we use is Cognitive Behaviour Therapy which teaches the client many helpful thinking skills which can successfully relieve symptoms of anxiety and depression and other problems. We also use positive psychology techniques, acceptance and commitment therapy and solution oriented approaches.

CAPS provide assessment, treatment and counselling that is designed to improve the wellbeing, performance and overall functioning of children and adolescents as well as support for adults working with young people.

We are a friendly, supportive and professional team of psychologists with a combined wealth of expertise and knowledge. Our team has extensive psychology training and experience in looking after young people and their families.

CAPS provide specialised assessments and treatment plans for children and adolescents with issues including anxiety, depression, grief and loss, learning difficulties, bullying issues, ADHD/behaviour management, school refusal, and Autism Spectrum Disorder including Autism assessments.

Sharon Muir – Psychologist and CAPS Director

Child and Adolescent Psychology Services

Sharon Muir (MAPS)

Psychologist

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Child and Adolescent Psychology Services

Service guide



Service guide

CAPS offers three distinct products to complement our psychology practice



Child and Adolescent Psychology Services

Youth Mental Health First Aid course



The Youth Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines that were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

The Youth MHFA course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis.

Mental health crises covered:

- suicidal thoughts and behaviours
- non-suicidal self-injury
- panic attacks
- traumatic events
- severe psychotic states
- acute effects from alcohol or other drug misuse
- aggressive behaviours.

Developing mental health problems covered:

- depression
- anxiety
- eating Disorders
- psychosis
- substance misuse.

Participants will learn about adolescent development and the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

The course meets the requirements for Continuing Professional Development (CPD) for most professions.

The delivery format is flexible. Course participants receive a copy of the Youth MHFA Manual to keep and a Certificate of Completion.

All instructors of this course are trained by the Mental Health First Aid Training and Research Program.

Visit www.mhfa.com.au/guidelines.shtml for further information.

Autism Spectrum Disorder assessment and diagnosis

CAPS provide assessment and diagnosis of Autism Spectrum Disorder.

The assessment is a comprehensive process which will provide an accurate picture of the child's functioning and will be used to recommend appropriate interventions.

Children with autism display characteristic difficulties in communication and social reciprocity accompanied by restrictive or repetitive behaviours.

It is important to note that symptoms of Autism will vary in degree and type across individuals therefore treatment plans need to be focused on an individual's specific needs.

We provide

Assessment

- comprehensive psycho-diagnostic and psycho-educational evaluations
- early childhood screenings
- specialities: autism spectrum, anxiety, attachment, adhd and learning disorders

Therapy

- individual, sibling, parent-child/family therapy
- specialities: cognitive behavioral therapy, social skills, play therapy, and psycho-education

Consultation

- family, school or multidisciplinary teams.

Social emotional well-being

- friendship skills
- emotional coaching
- infant development
- parent education.

All our Autism Spectrum Disorder assessments and 'diagnosis' are conducted by Sharon Muir (MAPS) Psychologist and CAPS director.

Cogmed



COGMED

Cogmed Working Memory Training is an evidence based program that helps children, adolescents and adults improve attention by training their working memory.

Delivered by computer at home or at a designated healthcare facility, the software adjusts complexity level for each exercise, in real time for maximised training effect.

Cogmed is based on scientific research and is delivered under the supervision of a qualified Coach who leads the training, tracks results and offers support and motivation.

The complete program includes:

- initial interview
- start-up session
- five weeks of training with weekly coach calls
- wrap-up meeting
- six month follow-up interview
- access to the Cogmed Training Web
- Cogmed Extension Training (12 months).

Cogmed is provided via a national network of attention specialists, all qualified by Cogmed.

Cogmed Training Web gives all users online access to their own training results and progress status.

Benefits

Research and clinical data show improved grades following Cogmed training. Published studies have shown Cogmed training to address math skills, reading comprehension and attention deficits.

After using Cogmed parents and teachers report improved social skills, taking initiative, remembering instructions, and completing assignments more independently. The objective is better academic results, particularly in reading comprehension and math.

Visit www.cogmed.com/research for further information.