

# Psychology & Positive Behaviour Support

## What to expect from Psychology and Positive Behaviour Support sessions with NeuroRehab Allied Health Network

### Goal setting and creating a support plan

- Over your first few sessions, we will work together to develop your goals for therapy. For NDIS participants, these are linked to your plan goals.
- We set 'outcome measures' so we will know if we are making progress over time.
- We work together to develop a support plan which list goals and ways we aim to achieve, as well as appropriate timeframes.

### Working together

- We will catch up at regular intervals and work together on your goals.
- Some of the work is directly with you, some is behind the scenes (like travel and developing resources).
- You may see your Psychologist more frequently at the start. Sessions are likely to be spaced further apart over time.
- Sometimes we will agree on a length of time for an intervention, such as an 8-week burst. Other times we might work over a longer period of time, such as a full NDIS plan period.
- We will change the plan if things aren't working.
- We may ask permission to work with your support network, such as a family member or support worker, who can help you practice skills outside of sessions.

### Review of goals

We regularly review progress and outcome measures to ensure things are working out as planned. Please let us know if you wish to change anything, try something new, or have a break from therapy.



### Time-limited interventions

Our Psychology team will work with you towards your goals. Once you have met your goals we will celebrate your achievement, and discharge you from our service. If you are seeking enduring therapy, we can refer you to other services such as Psychotherapists, who specialise in long-term interventions.

If you have new or ongoing goals there are options available to receive more services from us. These may include:

- Therapy 'bursts' with breaks in between to practise new skills.
- Referral to another type of service such as Counselling or Music Therapy, if this fits within your goals.
- Support you to find another service provider if you need a different skill-set outside our expertise or we have come to the end of our planned intervention.

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