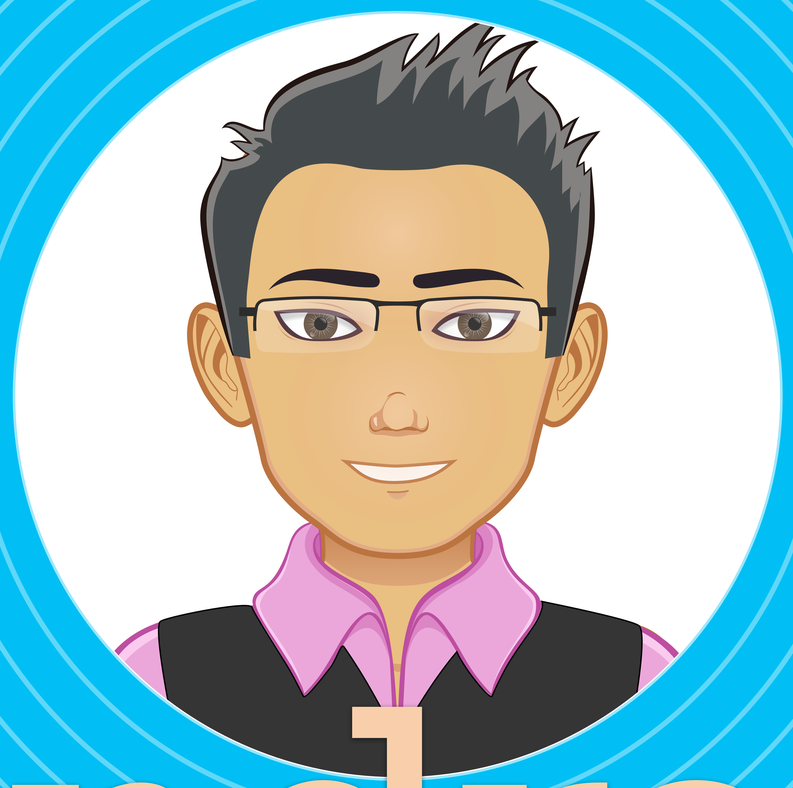


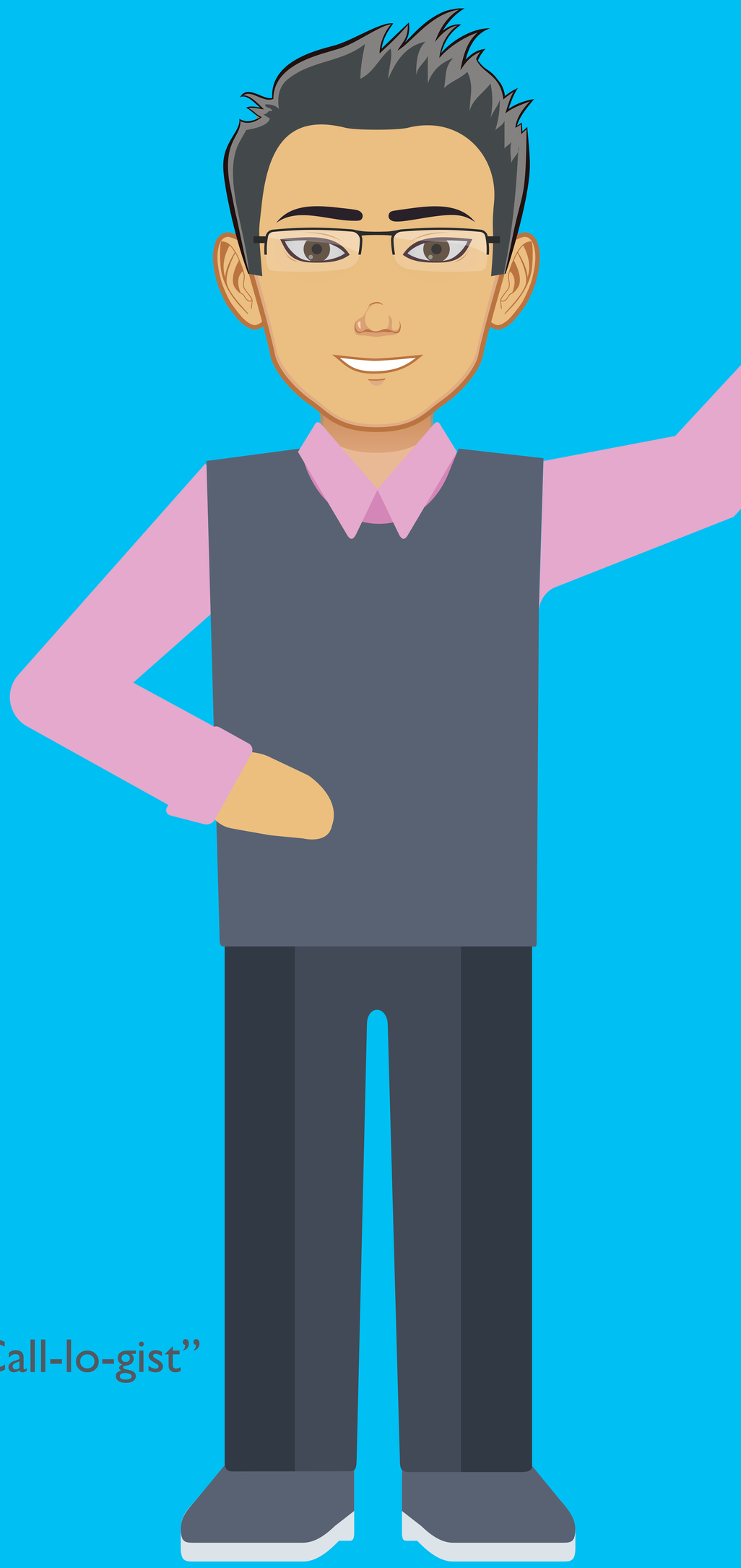
Andrew
THE PSYCHOLOGIST

Family Law Edition

By Andrew Chua

Hi. I'm Andrew.
I work as a
psychologist*.

A psychologist
helps people
solve problems
or deal with
difficult times.



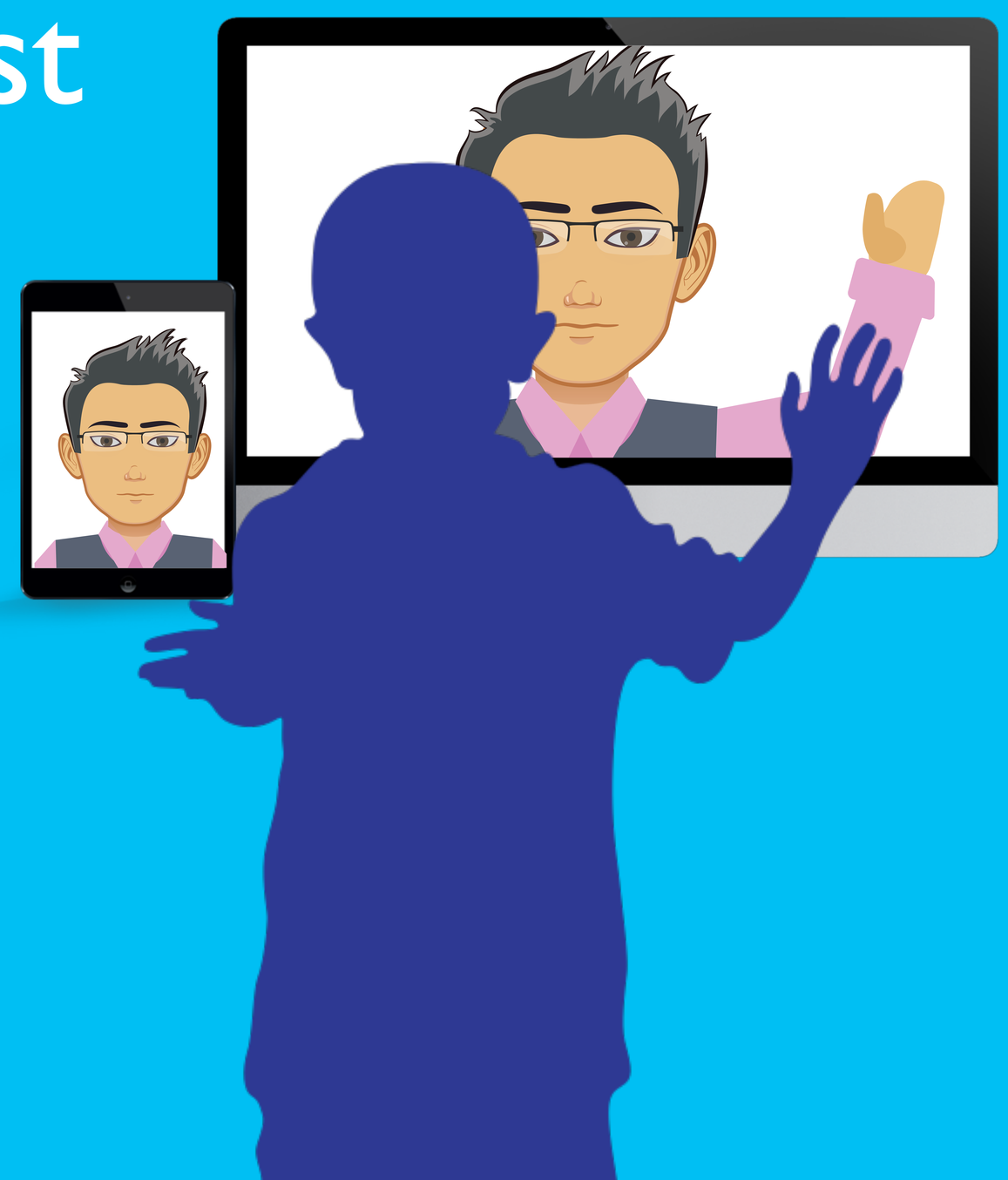
*Say this as "Sai-Call-lo-gist"

There are many ways to see a psychologist.

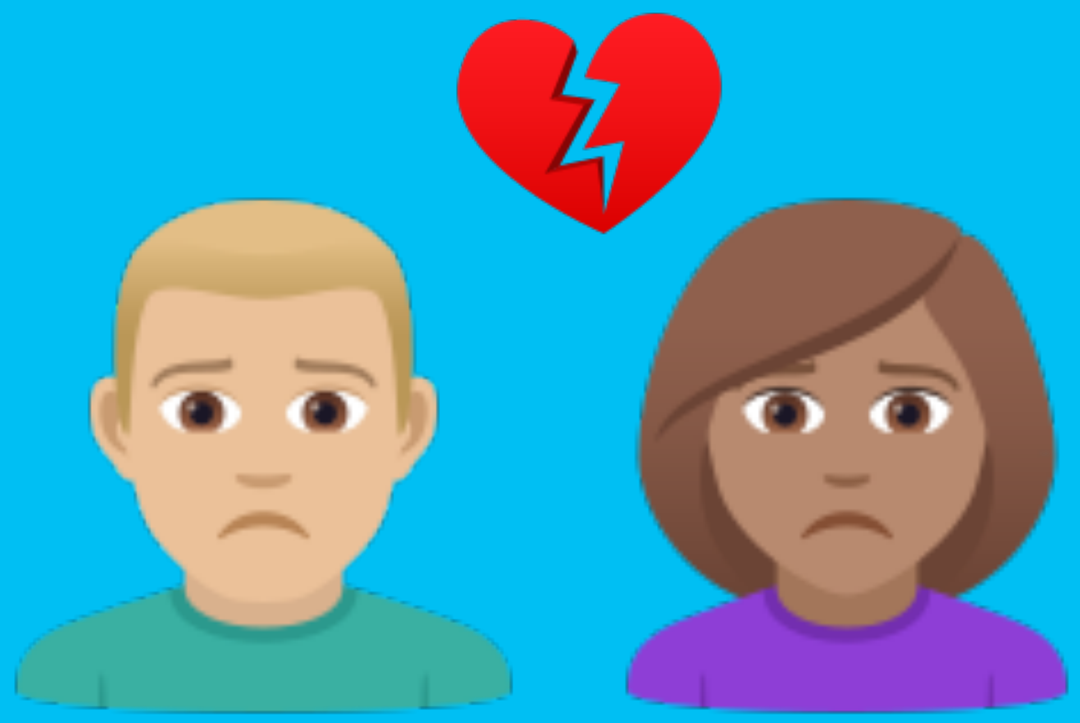
You can talk to me with an adult you trust

or

you can talk alone to me.



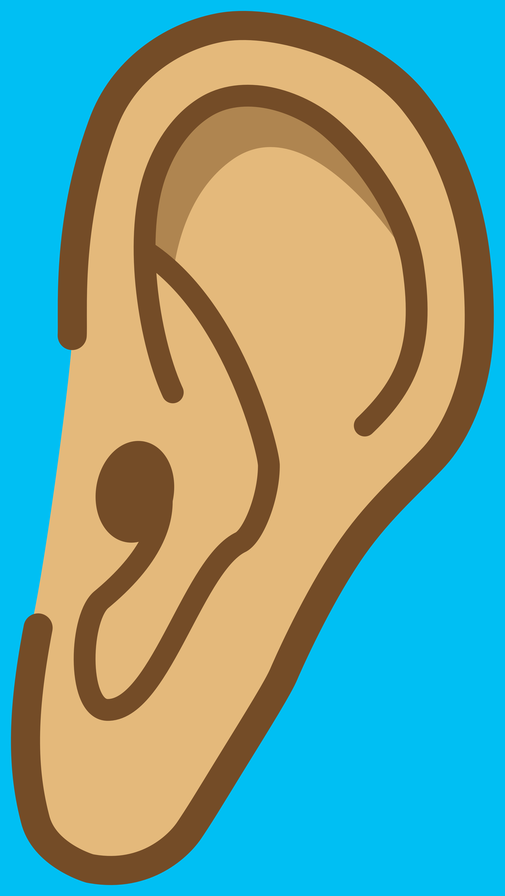
You might see me when things are changing or have changed to your home and family.



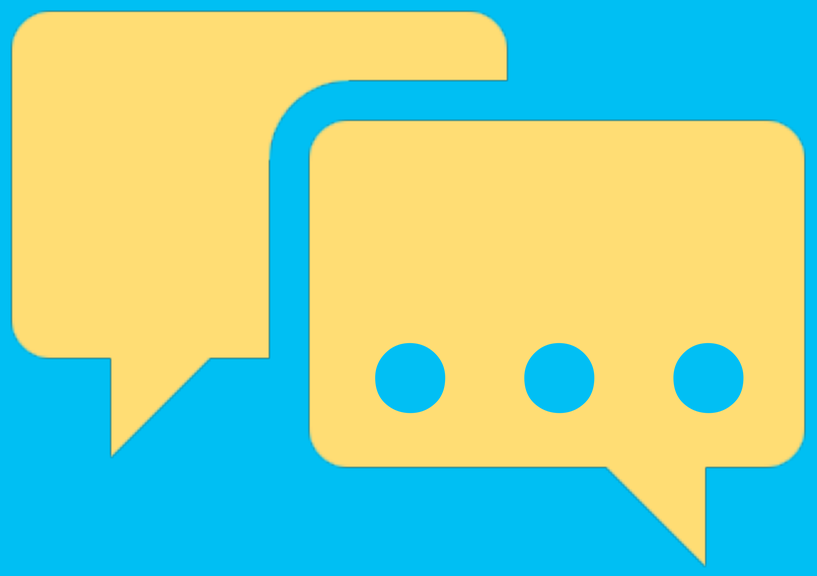
When things change sometimes you feel and behave in ways you don't understand or even want.

A lot of what I do
is just listening.

When you talk
to me, I will listen.

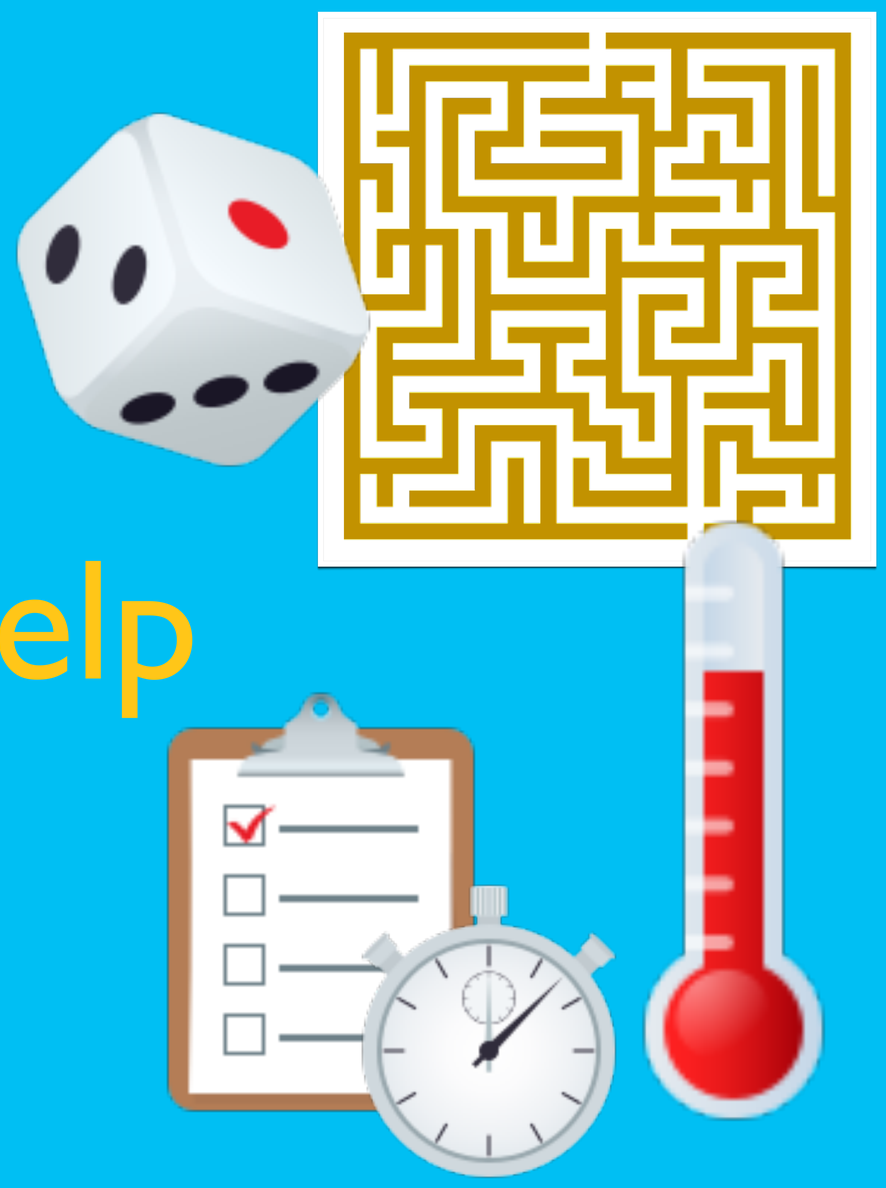


We might just sit without talking for a while…



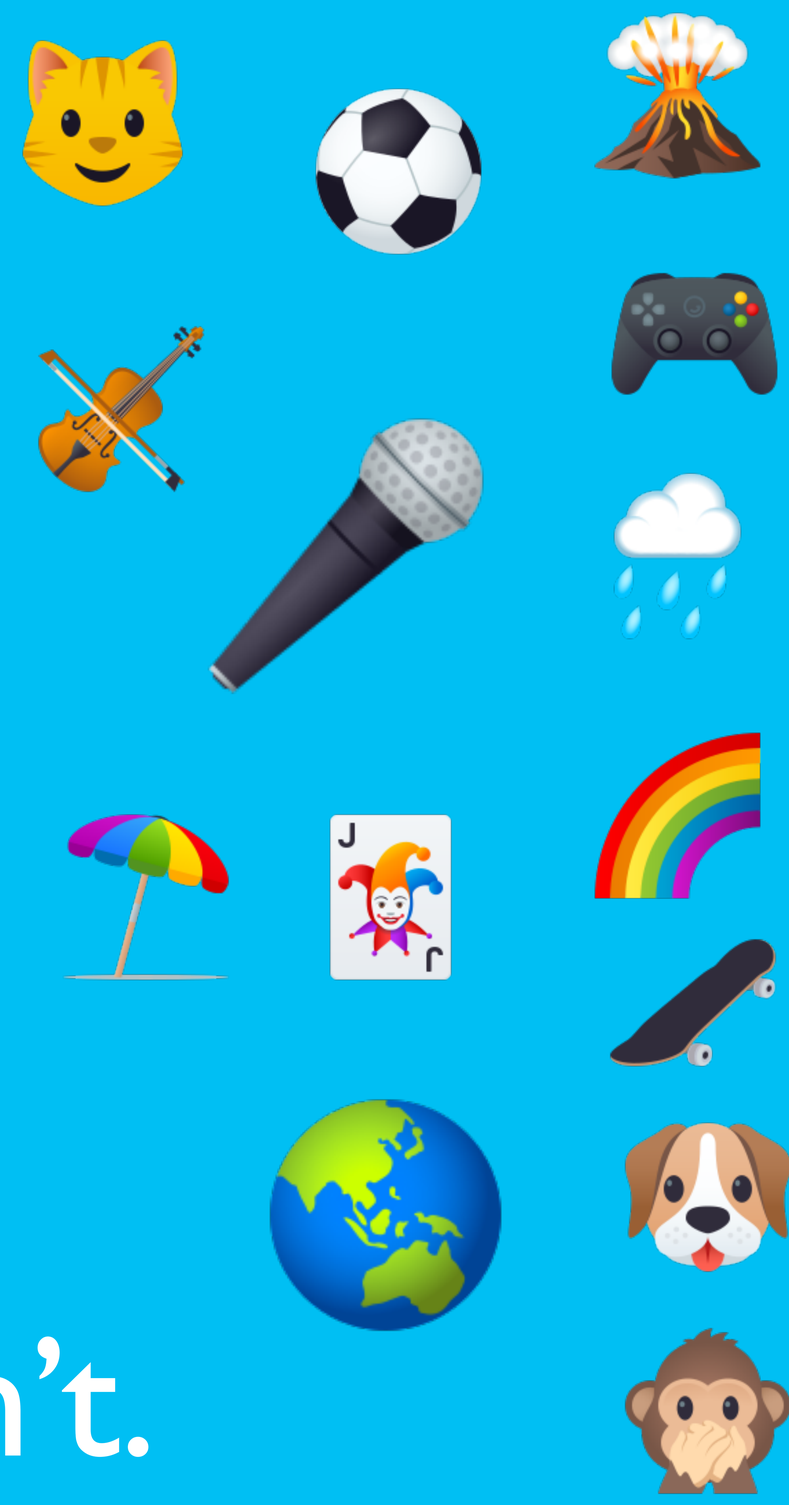
I might ask some questions.
You can always ask questions.

Sometimes we might do something fun.



Or do things to help you understand yourself more.

You can talk
about anything,
anyone, any ideas,
… everything…



even things people
say you usually can't.

Sometimes

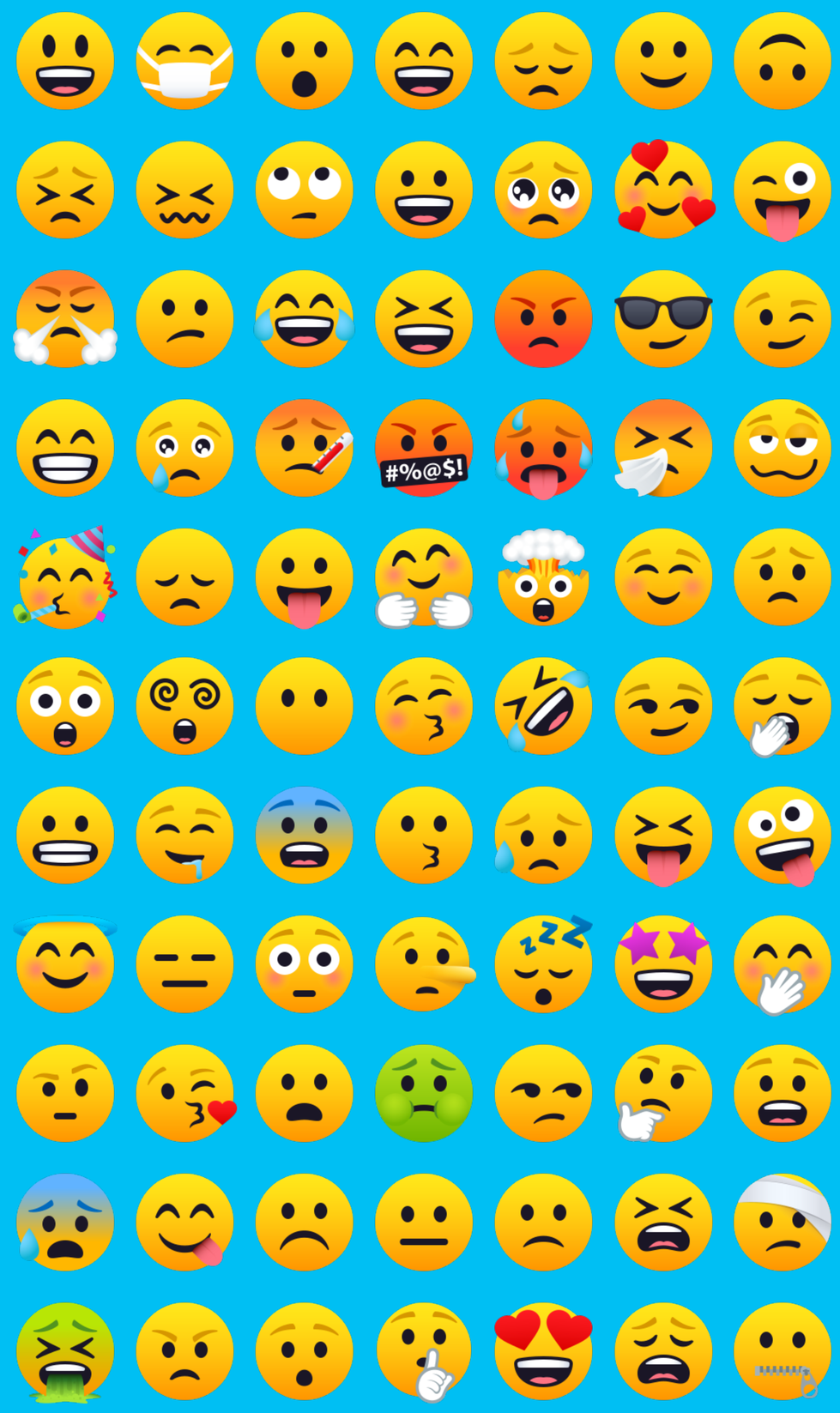
we might

just sit with

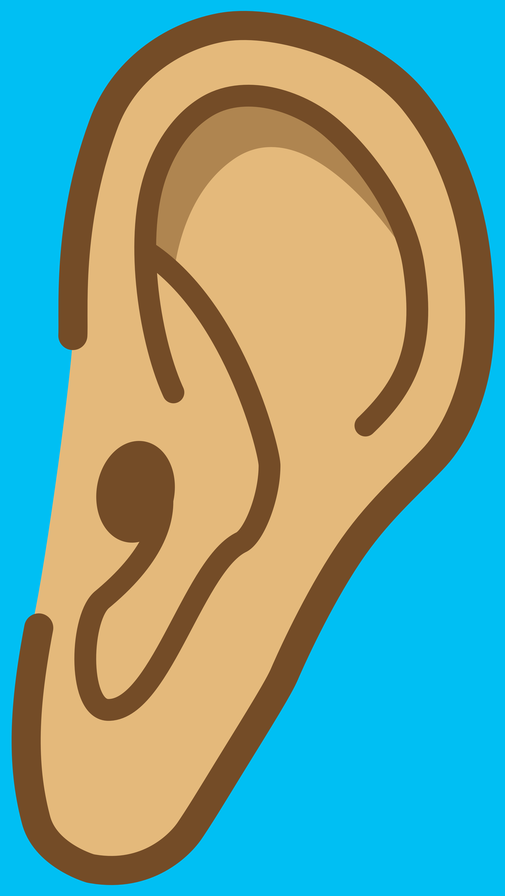
your feelings…

whatever

they are.



But mostly
I will listen.



I listen to hear
how you are feeling.

I listen to hear
what you are thinking.

I listen to hear
what you do.

I listen to what you like,

what you are good at,

how you have
solved problems before

and whatever else
you want to say.

I listen to what you hate,

what you find hard,

what makes you feel bad,

and problems you have.

Some problems
can be changed.

Sometimes problems
can’t be changed.

I listen to
help you work out
what you can do
to make things better.

To help me
remember what
you say, I will
write notes.

Some things I will keep just between us.

Some things are so important we should talk about it to others.
You can tell me who you trust.

So if you want…
someone to listen…

To help you explore
what you can do to
make things better
for you…

A psychologist like me can help.

Information for parents

- When unexpected and big changes happen for children (and adults), they can get very emotional and/or act differently than normal. This can spill into some or all other areas of their lives. This is normal and not the child wanting to be difficult. This can last for months and even years.
- Even when there's been great trust between the child and each parent, if the change involves the parents, the child can feel a break in trust and no longer see their parent(s) as safe as before. While this can be fixed later, it is helpful for the child to have safe people not directly involved with the family changes, such as a psychologist.
- A psychologist is a professional trained in the science of how people think, feel, behave and learn. Psychologists can help people deal with changes as well as work on anything they already do to be even better.
- All psychologists in Australia have an equivalent base of training and ongoing professional development requirements. Some have additional areas of qualifications and experience in psychology or other disciplines. One category of additional psychological qualifications are endorsements in specific recognised areas of practice. There are many factors that might influence your choice of psychologists. Similar to who you choose as friends, there are just some the client will click and work better with. It's ok to change psychologists if, after a while, the client is not satisfied with the progress or the psychologist. All psychologists are required by law to only work within the areas of their competence, so you will be informed if alternative referrals are appropriate and effort will be made for a smooth transition. For more information, see the Australian Psychological Society (APS) Charter of Clients of Psychologists.
- The starting point for a referral to a psychologist is usually your GP or your school. When searching for a psychologist, you can use a "Find a Psychologist" service to specify location, the types of issues a psychologist has expertise in, and other characteristics about the psychologist (e.g. language spoken). If applicable, a psychologist will advise you at the outset about any fees involved.
- A child can only see a psychologist with consent from at least one of their parent(s)/caregiver(s). Detailed personal information, including contact details, about the client and their family is necessarily collected and recorded by the psychologist according to Australian laws/guidelines on confidentiality and privacy. Feel free to ask a psychologist any questions before providing consent.
- Psychologists may be involved in a variety of psychological assessments, consultations with teachers, providing recommendations, report-writing, supporting funding applications and/or counselling in relation to a client. It is also common for a psychologist to recommend clients to access other professionals such as GPs, speech therapists, optometrists, physiotherapists, paediatricians, or other services.
- If the medium of sessions is web-based video, there will be the need for a parent to provide technical and practical assistance for the child. Relevant information will be provided and discussed by the psychologist before any sessions are conducted.
- A psychologist will provide parent(s) information about what occurs in a session and overall progress at various points, though to help give your child a sense of agency and trust, it is often best to allow them to decide how much of the specific content is shared with you. If you have concerns, please speak to the psychologist first. You do have the right to access a psychologist's clinical notes.
- If there is a parental dispute, it is not the job of the psychologist to decide who is the better parent or influence your child's opinion. The psychologist's role is to support your child through this time and provide helpful tools for the future.

Andrew the Psychologist explains what it is like to see a psychologist to help you be better.

🅭🅯🄏🄎 2023 Text and design by Andrew Chua

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Andrew's head was created via avatarmaker.com.

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Chua, Andrew
Andrew the Psychologist.

ISBN 978-0-9872734-3-7

Helpful contacts for kids in Australia:

Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25:

1800 55 1800

kidshelpline.com.au

For immediate assistance in emergencies:

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This book is for my three Z's to understand what their dad and others like him do.

The author has been a psychologist since 1998. For non-urgent non-crisis correspondence, Andrew can be contacted at andrew@andrewchua.com