

TERM 4 2021

IN THE LIFE

News and updates for the clients of Life Psychology Centre



WHAT'S BEEN HAPPENING?

Welcome!

Welcome all, to the first week of October, and our term 4 newsletter!

It seems that Spring has finally sprung, but those cold mornings mean that our kettle has still been working overtime filling hot water bottles for the team!

It looks like the warmer weather is finally around the corner and hopefully we can soon get outside and enjoy the sunshine. The team is certainly looking forward to doing so!

And with that, let's dive into what has been happening in the last few weeks.

- Spring Has Sprung! (Sort Of)
- New Resources for Clients
- It's Landscaping Time!
- Meet The Team - Amanda Daniel
- Halloween Colouring Competition

Client Resources & Visual Tools

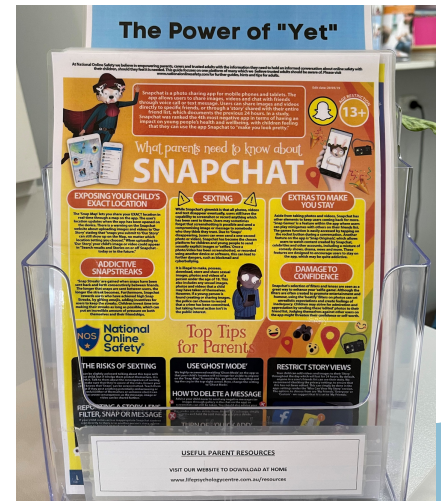
Your resident arts & crafts guru has been hard at work creating and printing visual tools and schedules for our clients to use. These visuals are a fantastic way to introduce children to change or help them get used to a routine or process.

Visual tools can range from single sheets with a simple before-school routine, all the way to multi-page social story books which can assist in large and scary life events like moving house or going to hospital.

These tools are available to all clients and can be ordered from reception.

Available Visual Tools:

- Morning/Afternoon Schedules
- Day of the Week Timetables with Picture Cards
- Social Story Picture Books



We have started collating some useful parent resources which can be read in the practice or downloaded at home. These informative tools are developed by the best in the business, and include information factsheets, posters and documents on topics such as mental health and child safety. Keep an eye on the reception desk as we will rotate these resources regularly and add them to our website!



(Not Our Actual Garden - Sorry!)

Life Landscaping Update

As the sun comes out for Spring, we are working hard to reinvigorate the front and rear gardens of the centre. Over the coming weeks, we will be adding mulch to the garden and tidying up the existing plants, along with bringing some new floral additions to border the car park.

Our back-yard area is also being tidied up for use as a play area and somewhere for staff to have their breaks and enjoy some rays! We are also hoping to source some outdoor equipment for clients to use during their psychology sessions, so please let us know if you have any requests!

Get to Know... Amanda Daniel!

You were Life Psychology Centre's first employee - what made you want to become a psychologist?

Being a psychologist has been my goal for many years. Watching Lynette Cataldo work over the years and hearing her experience in private practice definitely inspired me to make the move!

What is the best thing about working with children and teens?

Too many things to write. My favourite part of this job is building relationships and getting to know my clients and seeing them succeed.

How do you think Victorian lockdowns and restrictions have changed your role?

I've definitely become better at using Zoom and have learned to be a bit more creative!

What's a typical day at work look like?

I usually come in an hour before my first client to prepare. Sam will give us all our hot water bottles during this time! Then I do some research and plan my sessions for the day, which usually consists of 6-7 clients and lots of disinfecting in between!

Tell us a little bit about your experience before you worked at Life Psychology Centre.

I've worked with children with autism for about 7 years as an ABA (Applied Behaviour Analysis) therapist, case manager, therapy assistant, baby sitter, research assistant and program supervisor!

Finally, what is life like outside the practice?

I work at another centre in positive behaviour support a few days a week. For fun I like to play netball and run.



Amanda Daniel
Provisional Psychologist

Halloween Colouring Competition!

To celebrate Halloween, we will be running a colouring competition for clients.

You and your child can participate by downloading your colouring sheet and completing it at home, or you can request a copy at reception. Then hand-in or send us your finished sheet to be in the draw!



There are two age categories:
0-10 Years
11+ Years

The best entry in each category judged by the psychology team will win a fun (and yummy) prize!

Download Now
www.lifepsychologycentre.com.au/halloween

