



THE CHILD PSYCHOLOGY SERVICE  
[www.thechildpsychologyservice.co.nz](http://www.thechildpsychologyservice.co.nz)

## The Child Psychology Service Approach

At the Child Psychology Service, we work as a multi-disciplinary team. This means that people with different but complementary skills work together with you and your child to make sure they get the help they need.

When you start with us, you'll meet a psychologist for an initial consultation. Even if you have seen a psychologist before this is an important part of the process. They'll talk to you and learn all about why you came to see us. Then together, you'll make a plan to help you and your child. Often this is enough support.

Sometimes, you and your psychologist might think a psychiatrist, could help too. This will include undertaking some screening tools and also gathering data from other people involved in your child's life like their teacher. When they have done this they will share this with the psychiatrist.

If the psychiatrist agrees they could be helpful you will have an appointment with them, and they'll share what they find with you and the psychologist.

Your psychologist will keep helping you throughout this process and share ideas to make things better for your child. They'll be with you from the start to the end, so you don't just get a label or a diagnosis – you get to learn how to better help your child both at home and in school.

