



Alissa McAlpine Psychology

Services

Standard sessions

50–55 minute sessions are typical for psychological therapy. These sessions are offered to older children (from age 8), adolescents, young adults and parents/carers. While young people and their families are my interest area, my passion for people has no age restrictions – I'm always happy to discuss your needs and whether I would be a good fit. Therapy with young people can involve parents and support people (if it is consented to by the young person). I encourage parent involvement wherever appropriate and helpful. Sessions discussing parenting an adolescent are only eligible for Medicare rebates if the parent chooses to use their own Mental Health Treatment Plan.

Extended sessions

90 minute sessions are recommended as an initial appointment, however this is not a requirement. Extended sessions are commonly booked for the following reasons:

- As a solid first appointment to allow thorough assessment and a comprehensive understanding of the situation
- To have someone else involved in the session for a significant portion, like a parent, caregiver, friend or partner. It gives us time to have these conversations together without taking away time from the young person's session. For example, 30 minutes with a parent (or a parent involved), then 1 hour session with young person
- If you think you'll want extra time for whatever reason, i.e. something big has happened or there's a lot to talk about.

Family sessions

A 90 minute session where a family is seen together. Ideally, this involves as many family members as possible. Family sessions are helpful when a whole family is stuck or spiralling, to negotiate how parents can be there for their young person (with the young person involved in the conversation) or for us to work together to solve a problem. Family sessions are generally set at a monthly frequency to allow time for the session content to process and strategies to be implemented.

School liaison

I have extensive clinical knowledge in educational engagement and frequently work with schools. When there are issues, schools often ask whether they are seeing a psychologist or for a confirmation of mental health diagnosis. Often, the school concerns call for more in-depth communication from a psychologist, particularly developing an educational re-engagement plan or recommending strategies to manage a young person's mental health in a school environment. Communication is also helpful if the school counsellor is also involved, so we can ensure continuity of care and make sure that sessions between us aren't repetitive.

This communication will generally happen over phone or e-mail. When issues are significant, it can escalate to formal meetings being held at the school to discuss these difficulties and form a joint plan (that is agreed on by all parties) to increase attendance and engagement. I am able to mentor parents on how to advocate in these meetings. For a quoted price, I can also attend these meetings to advocate and assist in planning emotional and academic support in school environment.

If you are unsure how to approach treatment or what supports would be most helpful, feel free to get in contact.