

## ANNA'S CLINIC

Many children that come to see me have never seen a psychologist before. It's really normal to feel nervous about coming to your first meeting. I want to tell you a little bit about what our meetings will be like.

Here are some answers to questions children often want to know about before they come to see me.

### **What is a psychologist?**

My name is Anna and I am a psychologist. My job is to talk to children and help them to cope with feelings that are bothering them – like sadness, anger, and fear.

### **Is there something wrong with me?**

Having a problem is really normal and there is nothing wrong with you.

### **Am I in trouble?**

You are not in any trouble and you haven't done anything wrong.

### **What happens at the first meeting?**

Mum and Dad often know a lot about the problems that are bothering you the most. At our first meeting, I talk to your parents for a while and then I have a chat with you on your own. If this bothers you, then we can always arrange it so that your parents stay with you for the whole first meeting.

### **How long will the meetings last?**

Each meeting will last for 50 minutes.

### **Will Mum and dad sit in on the first meeting?**

Mum and Dad often know a lot about the problems that are bothering you the most. At our first meeting, I often talk to your parents for a while and then I have a chat with you on your own. If this bothers you, then we can always arrange it so that your parents stay with you for the whole first meeting.

### **Will Mum and Dad sit in on the rest of our meetings?**

It is helpful for Mum and Dad to know about what happens at our meetings. Sometimes they will stay in the room and be included in the meetings. At other times, they might come in at the end of the meeting so we can tell them what has happened in the session so that they can practice things at home with you.

### **Will you tell other people what I say?**

I do not tell other people what you say to me at our meeting unless I am really worried that you or another person is unsafe or in some sort of danger. When we have meetings with just the two of us, I will always check with you how much to discuss with your Mum and Dad.

### **What will our meetings be like?**

At our meetings, we will talk a lot about things that have been happening during the week. You will complete activities to help you learn how you can make yourself feel better. I will try and make it as fun and interesting as possible by doing things such as role plays, drawing or craft, videos and writing stories.

**Thank you very much for reading this.**