

ABOUT US

Our philosophy is to provide engaging, practical and supportive therapy for individuals across their lifespan including: children, adolescents, young adults, adults and parents.

Working in the area for over 15 years, we aim to bring out the full potential of each individual, helping them through their challenges whilst nurturing their strengths through therapy focused on an individual's unique experience and situation.

We provide consultations for individuals who may be experiencing emotional, behavioural and social challenges. We are trained clinicians in the health and wellbeing of patients and focus on mental health support for a range of challenges affecting individuals and their families.

Our clinic values diversity and therefore we use a strength based approach when supporting our clients. We work alongside families, schools, tertiary institutions and other allied health and medical practitioners to inform our testing and recommendations.



CONTACT



1A RIDDELL PARADE,
ELSTERNWICK, VIC 3185



1800 867 090



9923 6664 (FAX)



info@ttpsych.com.au



www.ttpsychology.com.au



TT Psychology



TT Psychology

Child, Adolescent & Parent Psychologists



OUR SERVICES

TT Psychology offers a range of services for children, adolescents, young adults and adults.

These include:

- **Psychology**
- **Neurodevelopmental Assessments**
- **Art Therapy**
- **Group Programs**

PSYCHOLOGY

Psychology explores human emotions, thoughts and behaviours and helps individuals better understand themselves and their experiences in order to navigate the world around them.

Our therapists use an integrative approach to support clients. These include: talk therapy, play therapy, CBT, ACT, mindfulness, family therapy, DBT, motivational Interviewing.



ART THERAPY

Art therapy is a form of psychotherapy utilising creative modalities within a therapeutic relationship to improve and inform physical, mental and emotional wellbeing of people at all ages.

Our therapists use an integrative approach to support clients using: painting, drawing, arts and crafts, play therapy, sand tray therapy, counselling, role play/drama therapy, creative writing, music, dance, movement

ASSESSMENTS

TT Psychology prides itself on offering excellent neurodevelopmental assessments for children, adolescents and adults.

These include ADHD, Autism, developmental and cognitive delay, learning difficulties and disorders, mental health challenges, school readiness, giftedness and academic/learning

GROUP PROGRAMS

TT Psychology offers social group programs for neurodivergent children and adolescents. These are run during school terms and the school holidays.

For further information about our services please visit www.ttpsychology.com.au

AREAS OF INTEREST

- **Adjustment and life transition challenges**
- **ADHD**
- **Anger and Impulsivity issues**
- **Anxiety, worries and fears**
- **Attachment**
- **Autism (ASD)**
- **Behavioural problems and discipline**
- **Body image and weight issues**
- **Boundary settings**
- **Bullying**
- **Conflict resolution**
- **Cyber bullying**
- **Disability**
- **Domestic violence**
- **Eating disorders**
- **Family stress, separation and divorce**
- **Foster families**
- **Grief and loss**
- **Gender identity**
- **Identity**
- **Interpersonal skills**
- **Learning and motivation issues**
- **LGBTIQA+**
- **Low mood and mood disturbance**
- **Low self-esteem**
- **Mixed and blended families**
- **Neurodivergence**
- **OCD**
- **Parenting support**
- **Relationships**
- **Resilience**
- **Self harm / suicidal ideation**
- **Separation and adjustment concerns**
- **Sexuality**
- **Sexual behaviour**
- **School refusal**
- **Sibling rivalry**
- **Sleep**
- **Social challenges**
- **Tantrums**
- **Technology addiction**
- **Toilet training**
- **Trauma**