

# 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.



**TT Psychology**

Child, Adolescent & Parent Psychologists

# PSYCHOLOGY



## CONTACT



1A RIDDELL PARADE,  
ELSTERNWICK, VIC 3185



1800 867 090



9923 6664 (FAX)



info@ttpsych.com.au



www.ttpsychology.com.au



TT Psychology

# 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 aim to create a safe and nurturing environment where we can support young people and their families to develop skills and foster growth.

Our therapists use an integrative approach to support clients using:

- Talk therapy
- Play therapy
- CBT (Cognitive Behavioural Therapy)
- ACT (Acceptance and Commitment Therapy)
- Mindfulness
- Family therapy
- DBT (Dialectical Behaviour Therapy)
- Motivational Interviewing



# BENEFITS

Psychology provides many benefits for individuals to develop strengths such as:

- Personal growth and development
- Communication
- Decision making
- Memory
- Emotional intelligence
- Resilience building
- Productivity
- Academic success
- Health
- Reduce stress
- Cultivate wellbeing
- Social awareness
- Connection

Our therapists work closely with families and schools to provide the best support to our patients. We are neurodiversity-affirming in our approach.

We offer psychology appointments for children, adolescents, young adults and adults.

For further information about our psychologists, fees and rebates please visit our website.

[www.ttpsychology.com.au](http://www.ttpsychology.com.au)

# AREAS OF INTEREST

ADHD  
Autism  
Disability  
Neurodivergence

Gender identity  
Identity  
LGBTIQA+  
Sexuality

Anger and Impulsivity issues  
Behavioural problems and discipline  
Sleep Issues  
Toileting

Learning and motivation issues  
Neurodevelopmental assessments  
(ADHD, Autism, Cognitive,  
Academic/Learning)

Family stress, separation and divorce  
Domestic violence  
Foster families  
Mixed and blended families  
Parenting support  
Sibling rivalry

Sexual behaviour  
Trauma

Technology  
Addictions  
Sleep

Body image and  
weight issues  
Eating disorders  
Self Esteem  
Resilience

Adjustment and life  
transition challenges  
Attachment  
Grief and loss

Depression and mood  
disturbance  
Self harm / suicidal  
ideation

Anxiety, worries and  
fears  
OCD

Interpersonal & social skills and challenges  
Bullying (incl. cyber)  
School refusal