

Phases of therapy – Therapy Journey



Goal: To get you to the maintenance and review progress

For families committed to the therapy process

<u>Phase</u>	<u>Purpose</u>	<u>Average Number of sessions (depending of complexity)</u>	<u>Frequency of sessions recommended</u>	<u>Expected Outcomes</u>
Initial Phase	To get to know you and your child.	1-3 Assessment sessions	Weekly	You gain a thorough understanding of why your child is having challenges and what can be done about it.
Visual Phase	To establish best therapy style / tools for your child	1-6 treatment sessions	Weekly or fortnightly as per therapist	You see some early changes in attention, behaviour and engagement with difficult tasks.
Results	To approach or reach your goals for your child	6-24 treatment sessions (on average)	Weekly-fortnightly	Your child is starting to achieve some goals.
Maintenance	To make sure results are maintained and integrated into everyday life	3-12 maintenance sessions	4-6 weekly	Your child (and yourself) integrate new learnings and strategies in everyday life to become lifelong positive habits.
Review	To monitor progress and prevent future complications	1 – 2 review sessions/ year	6-12 months / holiday sessions	We review you and your child's progress in the last 6 and 12 months and help you set goals and provide strategies for the next 6-12 months.

***Note: This is for clients ready for the intense therapy journey. Many clients access our services on a more casual basis according to their family needs and priorities. We cater for all families and their needs.**