

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	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.**