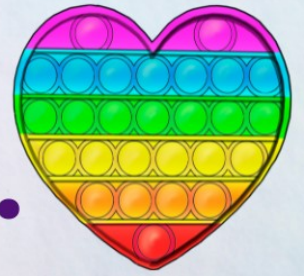




# What to expect...



I enjoy working with young people and helping them to explore who they are and what is important to them. I help people understand their feelings and develop tools to help them cope with some of their tricky feelings, such as anxiety, sadness and anger.

People are often not sure what to expect when they see a Psychologist for the first time. We will work out ways of working together that work for you.

We might do different things in our appointments, such as drawing, colouring, writing and talking. We might also play games. I will listen to what you like doing and try to do this in our appointments if we can. There will be fidgets for you to choose from and use, if this is something you like.

Please do bring anything with you that will help you feel comfortable, e.g. snacks, your own fidgets, toys, soft toys / blanket.

This is the room where I will meet you...

