



TheTalkingCouch

Mental Health For Youth and Young Adults



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Psychological Assessments

**For Adolescents & Young Adults
(12-24 years)**

About us

The Talking Couch is the only private mental health practice dedicated to helping young people in the Shoalhaven. Our psychologist Anne Reuter has been working with children, adolescents, young adults and their families for 20 years, developing a unique approach that is based on mutual respect and understanding. We aim to provide our clients with a safe space where they can work through any issues they may experience at their own pace. Our work is client-centred, trauma-informed, strength-based, and recovery oriented. While we have a lot of experience performing psychological assessments, every diagnosis is different because each person is different. The better we can see the world through their eyes, the more accurate the assessment will be.



How can a diagnosis help you?

Getting a psychological diagnosis has many benefits. It aids in selecting optimal treatments, getting funding, and verifying or rejecting an existing diagnosis. While the uncertainty of assessment outcomes can create stress, receiving a diagnosis often brings relief. Our goal is to deliver a first-rate diagnosis while making things as conveniently as possible for you. Our clinicians will thoroughly explain the process, assist you every step of the way, and help you interpret the results and their implications.

Our Approach

We work together with you to ensure the most accurate results. Your involvement is key to a collaborative and accurate assessment. To ensure complete transparency and consider your input, we will share our findings with you prior to writing the final report.

Assessments

ADHD assessment

ADHD is increasingly viewed as a distinct brain type, marked by lifelong differences in attention, emotions, cognition, and behaviour. These traits may have a detrimental effect on a person's social life and participation. It is important to understand that ADHD is a treatable condition when diagnosed properly.

Autism assessment

A formal autism (ASD) diagnosis is the next step if you or your child exhibits related symptoms. Many find this process helpful in the long run, although it can be emotionally taxing at the time. Our approach focuses on assessing the whole person, which is key to any proper ASD evaluation.

Contact us now on

0493 452 305

or visit

talkingcouch.com.au



Cognitive assessment

A cognitive test (also known as an IQ test) comprises several standardised sub-tests that measure a person's ability to think and learn. This test identifies cognitive strengths and weaknesses to assist with neurodevelopmental and learning difficulties such as developmental delays, dyslexia, autism, or ADHD.

Educational assessment

This assessment helps pinpoint underlying issues causing academic struggles. It includes a cognitive assessment, adaptive skills testing, assessment of specific learning disabilities, and screening for other conditions such as ADHD and Autism. It also aids in identifying other factors behind unusual behaviours like aggression, self-harm, or defiance.

General mental health assessment

This assessment evaluates your overall mental well-being. This includes looking at any potential mental health issues, such as anxiety, depression, obsessive compulsions, and more severe disorders. These issues can significantly affect one's well-being and happiness, often going unnoticed due to habituation.

