



Service Description Template

South Metro

Name of Organisation:

Rich Harries, Psychologist

Website (link):

www.rockinghamautismservices.com.au/rich-harries-psychologist

Areas Covered:

- Mandurah; and
- Rockingham

Support Clusters:

8. Therapy and Specific Support will help you do more for yourself and be included in the community.

For the above cluster(s), - is able to offer

- Services to individuals with psycho-social disability
- Shared Management

Rich Harries service description

Rich offers Focussed Psychological Strategies to a range of clients for a range of psychological difficulties and disabilities.

The initial consultation involves a semi-structured clinical interview to obtain information related to the client's background, presenting issues, client priorities, goals, strengths, and existing supports.

It may include psychometric and risk assessment (as required). The clinical interview forms the basis for the intervention plan, and is reviewed each session.

The intervention is developed collaboratively with the client, based on their values, with the primary goal of improved individual or family functioning, and improved quality of life.

Rich also offers Cognitive Behavioural Therapy (CBT), Behavioural Family Interventions, Behavioural Activation, social and communication skills training, and draws on mindfulness and values-based interventions such as Acceptance & Commitment Therapy.

All interventions are tailored uniquely to each client. A range of challenges or difficulties are targeted including stress and anger management, coping with grief or trauma, improving parent-child interactions, and relationship counseling.

Services are provided in our Rockingham office.

Contact details:

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