

TELEHEALTH PSYCHOLOGY FOR *PARENTS*

Parents hold the power of change for their kids.

These sessions are for parents who want to support their child. Child focused, but parent led. Learn to read tricky behaviours as clues to what your child needs. We'll tweak routines, environments, and expectations. Join from home, coffee in hand (and maybe a kid yelling in the background).



KATE SULLIVAN
Registered
Psychologist
PSY0002546043



REGISTERED
PSYCH?



AFTER
HOURS?



NDIS?



MEDICARE?

A FOCUS ON NEURO-FAMILIES

My area of interest: everything *neurodiverse*.

Think shutdowns, meltdowns, and sensory overload. Persistent drive for autonomy (PDA) and low demand parenting skills. Parent burnout, stress, guilt, and decision fatigue. Attachment disruption and relational repair. The invisible labor of advocacy, appointments, and "being the expert" on your child.

START THE PROCESS

1

GET IN TOUCH

✉ hello@doyoumind.net

or

🌐 www.doyoumind.net

2

FIT CHECK

**You'll receive an online
Fit Check form.**

This helps me learn what you're after and check I'm the right fit. Not a good fit? I'll point you in the right direction.

3

ORIENTATION CALL

**We'll organise a free,
15-minute call.**

This is where we'll go through the logistics, book sessions, and make sure you're ready to go.