

Do you or another caregiver suspect that your child may have a disability that is impacting their learning or progress in school?

Is your child accessing supports through an academic or behavioral support plan, such as an IEP or 504 Plan, but needs more?

Have you ever attended a meeting for your child and left feeling overwhelmed or dissatisfied?

Is your child struggling to make friends or manage their behavior at school?

Do you want to learn more about your child's unique learning profile to support them at home?



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## Psychologist



**Allison Harrison,**  
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School Psychologist servicing children and young adults and their families with unique behavioral and learning needs.

Established in May 2008 by Julia Appleby, Dr. Bob Humphries and Sandy Lombardi, our experienced staff are committed to helping you achieve greater emotional wellness and adjustment by providing the very best in psychological and counseling services.

### Vista Psychological & Counseling Centre, LLC

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## SCHOOL PSYCHOLOGY SERVICES



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# What is a School Psychologist?

School Psychologists apply expertise in mental health, learning, and behavior to help children and youth succeed academically, socially, behaviorally, and emotionally. They complete evaluations, offer support and design interventions for children; consult with educators, families, and other school-based mental health professionals (i.e., school counselors, school social workers) to improve support strategies; work with school administrators and families to improve school-wide practices and policies; and collaborate with community providers to coordinate needed services. School psychologists are highly skilled and ready resources in the effort to ensure that all children and youth thrive in school, at home, and in life.

## OUR SCHOOL PSYCHOLOGIST CAN HELP CHILDREN AND ADOLESCENTS WHO ARE:

- ◆ Showing a lack of progress in school despite being provided with extra help
- ◆ Fearful about attending school
- ◆ Struggling with time management, study, or organizational skills
- ◆ Lacking the ability to focus on school performance as a result of life stressors
- ◆ Questioning their intelligence or skills
- ◆ Demonstrating characteristics associated with diagnoses such as ADHD, Dyslexia, Autism, and others

# Who Benefits from Seeing a School Psychologist?

All children can face problems related to learning, social relationships, making difficult decisions, or managing emotions. As caregivers, we strive to help our children as much as possible. Despite our best efforts, however, we may see them struggling in some areas. These struggles may occur early in a child's development, observed as difficulty following directions, remembering information, controlling impulses, learning to read or managing social interactions. For others, the challenge may arise as a child progresses in age, whether it involves reading comprehension, completing tests in the allowable time period, complying with adult demands, attending to tasks or organizing materials. Despite assistance, these struggles may persist, leaving caregivers, children and educators feeling frustrated or helpless. Under those circumstances, support from a school psychologist may open the door to greater understanding of the child by everyone involved and help point the way toward solutions.



# What Services are Available Through Our Practice?

Here at Vista Psychological & Counseling Centre, we feel it's just as important to identify why a learning difference is occurring and not just the fact that it is present. As part of our evaluations we examine the processes behind learning to help you understand your child's academic skills and what they need to succeed.

**The goal of a psychoeducational evaluation is to enhance achievement by assessing barriers to learning and identification of instructional strategies aligned with needs.**

## OUR SCHOOL PSYCHOLOGIST OFFERS THE FOLLOWING:

- ◆ Psychoeducational evaluations to identify strengths and weaknesses related to learning and achievement
- ◆ Counseling for youth to promote wellness and resilience by reinforcing communication and social skills, problem solving, anger management, self-regulation, self-determination, and optimism
- ◆ Consultation with school-based and community service providers
- ◆ Child and parent support with behavior management
- ◆ Guidance with understanding the special education process in order to empower parents to advocate for their child