



## **Danella Taylor (Psychologist)** ***The role of the Psychologist***

When people come to see me as a psychologist they often come for therapy about ways of managing their child, and some of the difficult behaviours that are associated with ASD and having a child on the spectrum.

Some of those behaviours might be about having meltdowns in shopping centers or in schools or in the car, or at home. It could be about some difficult behaviours in different settings, or it could be about anxiety and managing emotions. Often children with autism find it very very difficult to manage their emotions, and also to understand what those emotions are. For parents, I think that it can be quite a tricky process as well. The psychologist's role can be about helping children and parents understand the child's behaviour and then finding ways to bring out more positive behaviours and minimise some of the negative behaviours.

Psychologists can work with different professionals to help understand behaviour in different contexts. Part of that might be to work out what people are doing in different therapies and to find if there is a consistent approach throughout all of the therapies that families and children are experiencing. It is important to understand what are the things that are working for the child; what are the things that people need to be doing more of, what are the things that are maybe not quite targeted to the child and aren't quite the right goals.

*\*\* This is an approximate transcription only; minor modifications have been made to assist the reader.*