



Sioux Lookout  
First Nations  
Health Authority

# Developmental Psychology

The psychology team are health care professionals who have specialized knowledge and training in understanding how children and teenagers think, feel, learn and grow. The psychology team uses this knowledge to help caregivers, teachers, and others understand and explain how children behave and develop.

## **The psychology team provides:**

1. Consultation services
2. Assessment and diagnostic services

## **What is a psychology consultation?**

A consultation is an opportunity to problem-solve about an ongoing issue a child is experiencing. The psychology team member will meet with the caregiver or teacher to discuss their concerns for the child and learn a little bit about the child, which sometimes might involve observing the child. During the problem-solving process, the psychology team member will give ideas for the caregiver or teacher to try as they support the child to their full potential.



## **What is a psychology assessment?**

A diagnostic psychological assessment is an intensive information-gathering process to better understand the child's developmental strengths and weaknesses. The psychology team member will talk to the child's caregivers to explain the assessment and learn all about the child and what they have been like from pregnancy to present. The child will complete different activities to help understand their skills and abilities compared to age-expected development. Once all the information is collected, a report is written to describe how the child is thinking, learning and growing. This may also include a diagnosis and discussion to help understand the assessment and what needs the child may have. The report also includes ideas about how to help the child thrive and overcome challenges.

A psychological assessment may be helpful for children and adolescents who are having trouble learning, paying attention, staying still, getting along with others or making friends, acting very differently than people their age, or are often seeming sad, angry, unmotivated, or worried. Parents or guardians can complete a request for services themselves or ask a teacher, medical person, or another person for help to make the request.

## **For More Information**

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