



REDMAN GALL  
PSYCHOLOGISTS



## WHAT TO EXPECT AT YOUR FIRST SESSION

We'll probably offer you a coffee

In order to help, your psychologist will need to learn a lot about you. This 'getting to know you' will generally be the focus of your first session, and the paperwork you fill out beforehand. In order to do this, you may be asked about:

- your problems or symptoms,
- when they started,
- what makes them better or worse,
- what impact that they have had on your life,
- your social supports,
- ways you have tried to cope.



It may feel like you are telling a story, with questions asked mainly to clarify details and to make sure we have enough details to start helping you work on things from your second session.

Yes, we might ask you about your relationship with your mother (and we might not!)

If your situation is more complex i.e. when a diagnosis or a report is required your psychologist may need to ask a lot of questions.

Location:

Co-located with Go Psychology  
3/37-41 Commerce Drive, Robina  
Phone: Leia 0474 131 244 - Kelly 0490 739 359  
Fax: (07) 5677 0183 – Leia  
Fax: (07) 5677 0187 – Kelly



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## MORE ON WHAT TO EXPECT

In this case your psychologist will also ask a range of questions about other factors that are likely to impact on these issues, or the treatments that may be suitable for you. Depending on what is happening your psychologist may ask for you to describe experiences such as your

- childhood;
- schooling;
- work history;
- health;
- significant relationships; and
- major events in your past.

Any psychologist that you work with should make you feel heard, respected and understood.

It is really important that you feel like they 'get' you and what you are going through.

### Why Are These Things Relevant?

If you ever have questions about why you are being asked certain questions, ask for clarification. We should be able to explain why different information is useful or important in understanding you or your symptoms.

People are complex, so getting to know you will take time! Your psychologist's understanding of you will grow over the course of your treatment. They will likely continue to ask you for more information about your experiences as well as how you think, feel and behave in every session you attend.



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## EVEN MORE ON WHAT TO EXPECT

### Developing a Plan

When your psychologist has a working understanding of your concerns, this is called a 'formulation'. Leia and I like to build our formulations with you. We will also discuss what types of treatment we think might be helpful and how many sessions it might take to help you achieve meaningful change. With this information you will get to decide whether you would like to progress with us.

### What If We Are Not Well Placed to Assist You?

If we do not have the skills or experience to assist you, we will let you know – and we can provide you recommendations on what to look for in another psychologist if we don't have someone specific to recommend.

### So .... Ready to See a Psychologist?

Visit us at [www.redmangallpsychologists.com.au](http://www.redmangallpsychologists.com.au) and see if we might be a good fit for you.



Check out our website or contact us with your specific questions, we are happy to help.



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## ABOUT US

Redman and Gall are Leia Redman and Kelly Gall, Clinical Psychologists with extensive training and experience in the field of psychology. We have been working alongside each other for a number of years and have identified a common commitment to the provision of professional, high quality psychological services.

We are all about helping to make a genuine difference in people's lives by giving them the psychological tools they need to address their challenges and move forward.

## KELLY GALL

Clinical & Health Psychologist  
BSc (hons), MPSYCH (Health), MClinPsych,  
MAPS, MCHP

We both work with common mental health issues such as stress, adjustment, depression, anxiety, grief and loss. We also each have particular interests and expertise in working with different groups and the challenges they face. See our website for more information.



## LEIA REDMAN

Clinical Psychologist  
B. Psych; M. Psych (Clinical); MAPS; CCLIN.

