



General information:

If you need more info about what I do, or where I operate, the website is www.family-sos.org Where the address (87 Science Park Dr., Oasis # 03-01, Singapore 118260) and map/directions are displayed, as well as write ups of the kind of therapeutic approaches I take.

*Overall – I am a family therapist so be aware that most children’s issues appear **within the context of family and school** and liaison and inclusion of people in these surrounds is very important to support required changed.*

Appointment setting.....

Appointment for adult or child?

I usually leave it to a parent to decide whether they would prefer to come in first or have me see their child first. It is helpful for me to get background from the family, and I believe it puts parent’s minds at ease if they get the chance to hear what I do and how I work, and share their perspectives, but sometimes they prefer to just send the child and that is fine too - I want to honor your choice. So think about what works best for you- if you can give me an hour, it’s useful.

Parent Appointments

I usually see parents outside of the child-busy afternoon times, though if working parents have difficulty managing that and wish to attend it is always worth asking whether I can provide a early morning appointment or after-hours session. I rarely have 5 pm appointments free because they are usually scheduled for children.

Child Appointments

For your child - one of the important things to know is that I have an age related system which can sometimes feel tricky to accommodate. Because there are not many people working with children as i do (crossing the boundary from knowledge of developmental norms, educational backgrounds, diagnostic frameworks and skill delays– and coaching using solution focused, strength based play/exercises which focus on releasing emotion, creating awareness of thinking and feeling and developing strategies for success) I often have wait lists. The way I manage these is to give senior school children the 4.30 /5.30 pm slots, junior school children 3 pm slots and elementary children fit in earlier in the afternoon..

This sometimes means children coming out of school early, and I am sorry for that, but all the schools in Singapore know how I work and are good about that system. It means that the young children have some energy to do this work, and the older ones who have more homework, and cannot leave class easily, use the prime spots. I always try to fit in with activities and timetables you have and find the right day, as much as my schedule allows.

Children as encouraged to work with me alone, but for the first few sessions they may feel more comfortable with a parent attending too.

Making and changing appointments

The office staff will help you make or change an appointment. The aim is to secure a regular weekly slot for most kids, so adapting for changeable circumstances can be tricky, Admin will try their best



The process...

Contacts

I am a little difficult to get hold of because my diary is pretty full. I don't mind being called on the hand-phone – mornings and evenings are best, but email certainly works better in terms of my responding quickly. I can see messages during the day when working, but not take calls easily, so if you are delayed or wish to message me about your child before the apt., please use text if you can. Tel. 9793 7069 / email katy@family-sos.org.

Timing

Appointments last for one hour, though when I am working with children the last ten minutes is always a sharing time with parents. I try very hard to run on time but sometimes I am running ten minutes late, if I know there will be significant delays (15 mins or more) I will always try to send a phone message.

Paperwork

I appreciate the filling in of the intake form before the visit, and if you can get it back to me in time to read it before that is very helpful. I welcome as much info. as you can give. Please read the whole form before starting to complete it and give it as much time and attention as you can because making this specific really helps in giving a clear picture of where you are now, what you feel are issues, what you have tried and what you wish to work on.

Billing

Payment is required at every appointment (unless you have taken advantage of the 'pay for five appointments and receive 10% discount' and paid ahead). Unfortunately, as yet, I have not got credit card or nets facilities, and payment by cash or cheque (made out to 'Katy Harris' are the only acceptable forms of payment.

Confidentiality

What your child says to me is private. Unless there is the possibility of harm (parent or child) I will share only general themes in order to respect their sharing, but I will talk freely about what I have suggested or encouraged using diagrams, strategies and learning models in order that you can support your child's process.

Feedback

I welcome feedback from parents about their children's attitude to the session and anything that comes up afterwards in terms of mood or discussion. If significant events occur during the week, it is really helpful to let me know – by email before the session if you like. Or, when I come to the waiting room to pick up your child, do catch me for a few minutes if you wish for some sharing time, otherwise generally we can talk at the end.

Goal setting and progress

Although we jointly create overall goals with both the parents and child, it is important when working with children to 'go with the flow' and be able to detour from specific goal work to respond to incidents

and concerns that they bring in from their week. So we have a framework we are aiming for, but often reach it through circuitous routes around the issues children bring in in their daily lives.

Homework

I very rarely give formal tasks to be carried out, as I respect the child's need for time out from work and their school homework commitments. However there are ways in which I request our work continues in the home, and often that is as much the parent's responsibility as the child's. Seeing a therapist involves time and money and earns the most response from this it is really helpful if parents and children commit to any continuing work suggested after the session.

Katy Harris

