Therapeutic Consultations for Kinship Carers



What is a therapeutic consultation?

A therapeutic consultation is a conversation between a kinship carer and a therapeutic assessor about specific issues and needs of a child.

Their purpose is to provide kinship carers with strategies to identify what might be happening for a child and what responses could best help them around a particular issue.

It is focused on the specific issue and is more detailed than an initial carer consultation, which is provided to all carers when a child first enters care.



When do consultations happen?

Therapeutic consultations are available to all kinship carers who are case managed by CYPS when they are waiting for an initial Therapeutic Assessment Report to be allocated.



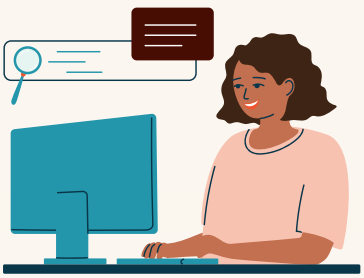
What will be discussed?

During a therapeutic consultation we will talk about:

- what is happening for the child
- what responses will help the child
- what supports could best help the child and kinship carer.

What we talk about is guided by the information and concerns raised by the kinship carer.

Based on the discussion, the therapeutic assessor will recommend strategies to the kinship carer and case manager that best meet the needs of the child. These strategies will be included in the case manager's case planning.



How do I organise a therapeutic consultation?

It's easy! You can ask your case manager to request a therapeutic consultation or you can contact the Therapeutic Assessment and Planning Team Leader on:

Email: Therapeutic-assessment-OoHC@act.gov.au

Phone: (02) 6207 6956

ACT Government