

# Young Person's Welcome Pack



## Your Guide to The Edinburgh Practice

**Mental Health & Neurodiversity Centre of Excellence**

12 Sibbald Walk, Edinburgh EH8 8FT | 0131 385 0934  
edinburghpractice.com | admin@edinburghpractice.com



The  
Edinburgh  
Practice

**Welcome from our  
Clinical Director**

***Dr Fiona***



**Welcome! At The Edinburgh Practice we work hard to make sure you get the best help possible. I hope my lovely team will make you feel very welcome here.**

## The Practice



Entrance



The Reception  
Desk



Our Seating Area





**Books and  
Magazines**



**Drawing/Art**



**Coffee/Tea Station**





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## Our Administration Team

**Paula**



**Sharon**



**Lyndsay**



**Megan**



**Emma**





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## Our Coordinator for Children and Young People

**Rachael**



I am here to organise your appointments and make sure everything runs smoothly. If you have any questions or if there is anything I can help with please ask for me.



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## What to expect at your appointment

### The rooms



All of our rooms  
have:

- A comfy couch
- A clock
- A table or desk

For your first appointment,  
it is helpful for your clinician  
to meet with you and your  
parents/carers.

However, at any point  
you can ask to speak to  
your clinician alone.





Click on the your  
appointment type for  
more information!

**Clinical Psychology**



**General Psychiatry**



**Autism Assessment**



**ADHD Assessment**



**Combined Assessment**





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Click on the your  
appointment type for  
more information!

Educational Assessments



Speech and Language



Occupational Therapy



Dietetics







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Click on the your  
appointment type for  
more information!

Sport & Performance Psychology



Family Therapy



Neurodiversity Support







# INFORMED CONSENT

## Providing Consent

As you are a young person aged 12 years or above, you will be asked to provide your informed consent for any assessment or treatment at the practice.



## What is informed consent?

‘Informed consent’ means that your clinician has provided information about the assessment or treatment, you understand what it involves and the potential outcomes from any assessment or treatment.

Providing your consent means that you agree to have the assessment/treatment.



# THE ADHD PATHWAY

**There is no single test for ADHD - no blood analysis test, no brain scan, no genetic screening - so the assessment is not simple and takes some time.**

## **The steps include:**

**Step 1: Meeting your clinician and sharing information about your likes, strengths and challenges.**

**Step 2: Your parents will complete a questionnaire and meet with your clinician to share information from when you were younger.**

**Step 3: You will complete a questionnaire called the Young DIVA.**

**Step 4: Your school will be given a questionnaire to complete, to share information about you from school.**

**Step 5 : Your clinician will review all the information and consider it with the diagnostic criteria for ADHD.**

**Step 6: You and your family will meet with your clinician to discuss the assessment and the outcome.**

**[Click here to find out who your clinician will be!](#)**



# THE AUTISM PATHWAY

There is no single test for Autism - no blood analysis test, no brain scan, no genetic screening - so the assessment is not simple and takes some time.

## The different steps include:

Step 1: Meeting your clinician and sharing information about your likes, strengths and challenges.

Step 2: Your parents will complete a questionnaire and meet with your clinician to share information from when you were younger.

Step 3: Your school will be given a questionnaire to complete, to share information about you from school.

[Click here to find out who your clinician will be!](#)

Step 4: You will meet two of our clinicians for an Autism Diagnostic Observation Schedule 2 (ADOS 2). This is a chance for you to do some activities and chat with the clinician, allowing them to better understand your communication style, thinking style and interests.

Step 5 : Your clinicians will review all the information and consider it with the diagnostic criteria for Autism.

Step 6: You and your family will meet with your clinician to discuss the assessment and outcome.





## THE COMBINED PATHWAY

There is no single test for Autism and ADHD - no blood analysis test, no brain scan, no genetic screening - so the assessment is not simple and takes some time.

### The different steps include:

Step 1: Meeting your clinician and sharing information about your likes, strengths and challenges.

Step 2: Your parents will complete a questionnaire and meet with your clinician to share information from when you were younger.

Step 3: Your school will be given a questionnaire to complete, to share information about you from school.

Step 4: You will complete a questionnaire called the Young DIVA.

Step 5: You will meet two of our clinicians for an Autism Diagnostic Observation Schedule 2 (ADOS 2). This is a chance for you to do some activities and chat with the clinician, allowing them to better understand your communication style, thinking style and interests.

[Click here to find out who your clinician will be!](#)

Step 6: Your clinicians will review all the information and consider it with the diagnostic criteria for Autism and ADHD.

Step 7: You and your family will meet with your clinician to discuss the assessment and outcome.



## GENERAL PSYCHIATRY

Our team of Psychiatrists have expertise with a wide range of difficulties and can offer diagnosis and medical treatment.

### Your psychiatrist will:

- Listen to you and your parents/carers talk about any concerns and symptoms you are experiencing.
- Ask questions about your general health and early development.
- Ask about your family history.
- Ask about any medications.
- Ask about your education, hobbies and interests.

[Click here to find out who your clinician will be!](#)

### Why?

To get to know you including your strengths and challenges.

To help your psychiatrist develop a treatment plan that is right for you!

Anything you share with your psychiatrist is confidential and information will only be shared if you agree or if there are concerns about your own or others safety.

Your psychiatrist will write a letter to your GP to update them on your treatment plan.

For how long?

1 hour



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# CLINICAL PSYCHOLOGY

We offer evidence-based, individually tailored psychological therapies for a wide range of psychological difficulties.

## Your psychologist will:

- Listen to you talk about how you have been feeling and any concerns you have.
- Ask about your family or medical history.
- Ask about your friends, education, hobbies and interests.
- Ask about what you would like to be different or your goals for therapy.

[Click here to find out who your clinician will be!](#)

## Why?

To get to know you and understand your strengths and difficulties.

To help your psychologist develop a treatment plan that is right for you!

Anything you share with your psychologist is confidential and information will only be shared if you agree or if there are concerns about your own or others safety.

## For how long?

1 hour





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# DIETETICS

We offer expert dietetic assessment and intervention for a range of difficulties including diabetes management, digestive issues, eating difficulties, food intolerances, eating disorders, sports and fitness nutrition and weight management.

Firstly, you will meet your dietitian and share information about yourself and the difficulties you are having.

**Your dietitian may ask about:**

The types of food you like to eat.

What you eat in a typical day.

If you have any worries about food.

Your dietitian will complete a thorough assessment and develop a treatment plan for you.

This plan will include advice and strategies for you to try. These can help improve your diet or manage any worries you might have about food.

[Click here to  
find out who  
your clinician  
will be!](#)



# SPORT & PERFORMANCE PSYCHOLOGY

Sport and Performance Psychology supports individuals and teams to understand any difficulties that may be impacting on performance and develop strategies and techniques to allow clients to meet their potential, increase their wellbeing and enjoyment of their sport.

## Your sports psychologist will:

- Listen to you talk about how you have been feeling and any concerns you have.
- Ask about your sport.
- Ask about your friends, family and interests.
- Ask about what you would like to be different or your goals for therapy.

[Click here to find out who your clinician will be!](#)

## Why?

To get to know you and understand your strengths and difficulties.

To help your psychologist develop a treatment plan that is right for you!

Anything you share with your psychologist is confidential and information will only be shared if you agree or if there are concerns about your own or others safety.

## For how long?

**1 hour**



# NEURODIVERSITY SUPPORT

We offer a wide range of neurodiversity support services delivered by our team who will work with you to understand your strengths and to embrace your differences. They will offer tools and resources to help you navigate life confidently and comfortably.

## Neurodiversity support can include:

- Discussing and understanding your diagnosis.
- Identifying your strengths and challenges.
- Finding tools and resources to help you at home and school.
- Understanding and managing challenges with anxiety or mood.
- Talking about 'masking' and what this could mean for you.
- Answering any questions you may have.



## Who can I see for support?

- Educational Psychology
- Clinical Psychology
- Speech and Language Therapy
- Occupational Therapy
- Dietetics
- Family Therapy



## For how long?

1 hour



# EDUCATIONAL ASSESSMENTS

Our Educational Psychologists offer comprehensive assessments which enable you to seek the support you require.

[Click here to find out who your clinician will be!](#)

## Step 1

- Meet your clinician with your parents/carers.
- Your clinician will ask questions to get to know you and your strengths.
- They will ask about your learning and progress with reading, spelling, writing and/or maths.
- They will do activities with you on your own including puzzles and answering questions .

## Step 2

The assessments are usually over two appointments, so you will come back to do more activities. This appointment will just be for you!

## Step 3

Your clinician will meet with you and your parents/carers to share the results of the assessment and answer any questions you or your parents may have.

## Step 4

Your clinician will write a report with some suggestions for school about how they can help with your learning.





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# SPEECH AND LANGUAGE

Our Speech and Language Therapists provide dedicated support for young people to reach their speech, language and communication potential.

## Your Speech and Language Therapist will:

- Ask questions to get to know you.
- Talk to you about your strengths and what you would like support with.
- Depending on the things you would like help with, you may be asked to do some activities with words, sentences or activities which require listening and following instructions.

[Click here to find out who your clinician will be!](#)

## Why?

To get to know you and understand your strengths and difficulties.

To develop a plan to help work towards the things you would like to be different.

## For how long?

45 minutes



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# OCCUPATIONAL THERAPY

Occupational Therapists use meaningful activity to promote quality of life, wellbeing and a person's ability to accomplish everyday activities in the way they would like to.

## Your Occupational Therapist (OT) will:

- Listen to you talk about how you have been feeling and any concerns you have.
- Support you to overcome challenges in your everyday life through developing strategies which allow you to engage with the activities you choose to your fullest potential.



## Why?

To get to know you and understand your strengths and difficulties.

To help your OT develop a treatment plan that is right for you!

Anything you share with your OT is confidential and information will only be shared if you agree or if there are concerns about your own or others safety.



## For how long?

1 hour



# FAMILY THERAPY

Adults and children sometimes see their family in different ways. This can sometimes cause upset and disagreements. Your clinicians will help you all talk and listen to each other which can help reduce worries and disagreements.

## Your clinicians will:

- Ask questions to get to know what family members including children and adults are good at, how people get along in your family and where there may be challenges (and everyone's ideas on how to overcome these).
- At any point you can ask to speak to your clinician alone and your parents may choose to do this too.

[Click here to find out who your clinicians will be!](#)

## Why?

To help understand your family and what you would like to be different.

Your clinicians will help you all talk and listen to each other which can help relationships at home.

## For how long?

1.5 hour

## **Our Clinicians**

**We have over 40 clinicians  
as part of our lovely team  
here at TEP.**

**We have included photos of  
our clinicians so you know  
who you are going to see  
before your appointment.**



## Who will be your clinician?

### THE AUTISM ASSESSMENT TEAM

**Dr Madeline**



**Dr Sara**



**Michelle**





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## Who will be your clinician?

CHILD PSYCHIATRISTS/  
SPECIALITY DOCTORS

**Dr Catherine**



**Dr Johnny**



**Dr Alex**



**Dr Anne**





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## Who will be your clinician?

**CLINICAL PSYCHOLOGISTS**

**Dr Lisa**



**Dr Linsay**



**Dr Linda**



**Dr Suzie**



**Dr Laura**





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## Who will be your clinician?

**EDUCATIONAL PSYCHOLOGISTS**

**Julie**



**Tierna**







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**Who will be your clinician?**

**SPEECH AND LANGUAGE THERAPISTS**

**Georgia**



**Michelle**





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## Who will be your clinician?

**SYSTEMIC THERAPISTS**

**Magi**



**Lisa**





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**Who will be your clinician?**

**DIETICIAN**

**Karen**





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**Who will be your clinician?**

**SPORTS PSYCHOLOGIST**

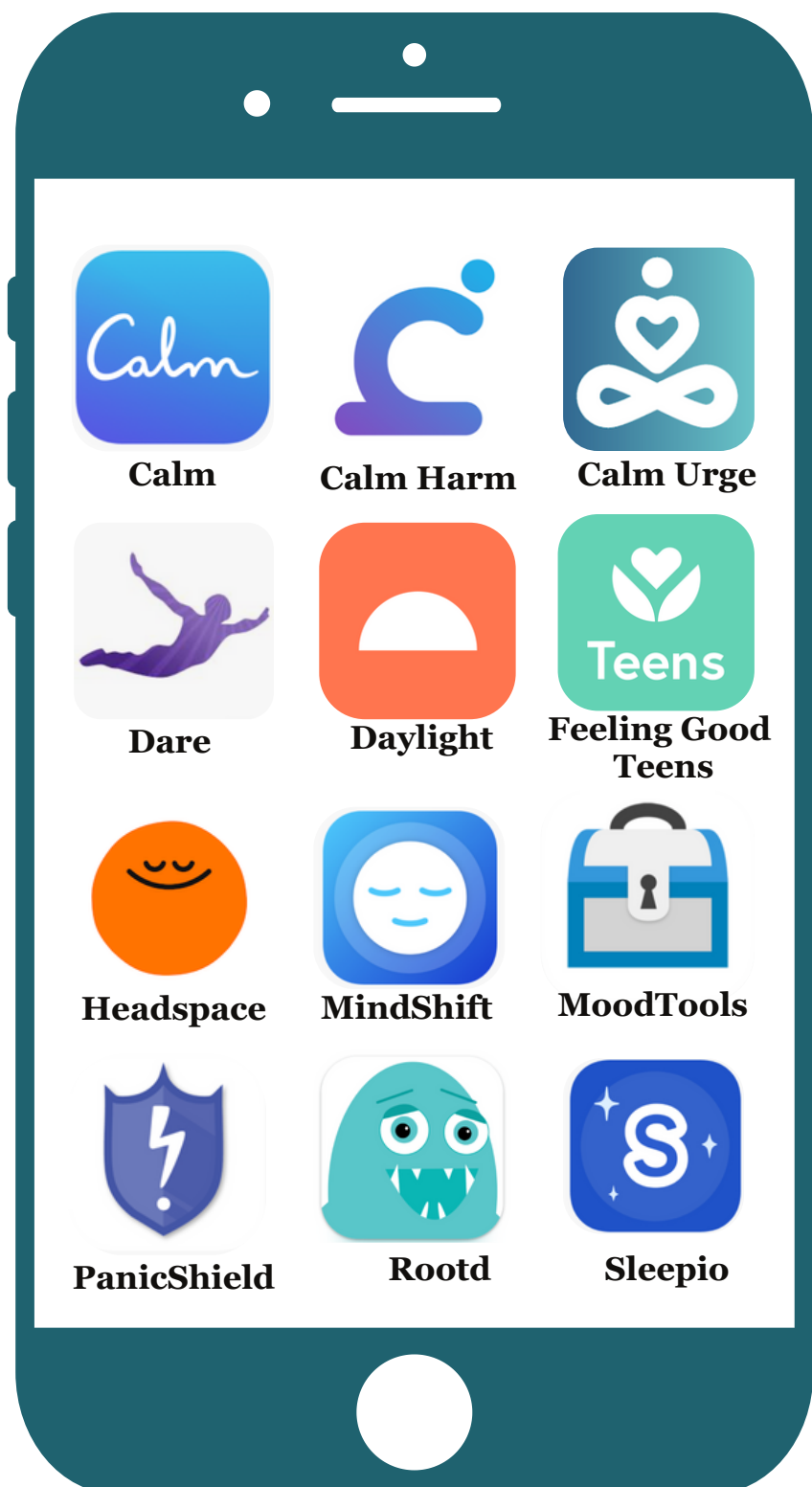
**Zoe**







## Helpful Apps



**TEP is not responsible for the content of these apps**



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# Helplines and Support

**For urgent help - please contact NHS24 on 111**

**In an emergency - call 999**

## Helplines

### **Breathing Space**

Phone: 0800 83 85 87  
breathingspace.scot



### **CALM**

Phone: 0800 58 58 58  
thecalmzone.net

### **Childline**

Phone: 0800 1111 (24hr support)  
childlike.org.uk

**childline**



### **PAPYRUS**

Phone: 0800 068 41 41  
Text: 88247

### **Samaritans**

Phone: 116 123 (24hr support)

**SAMARITANS**



### **SHOUT text support**

Text "FIFE" to 85258 (24hr support)

### **SOS Silence of Suicide**

Phone: 0808 115 1505



### **The Mix**

themix.org.uk



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**We would love to hear what you  
think about this welcome pack!**

**Scan the QR  
code below to  
fill out our  
survey**

