

Our Services

Our Services

We are practicing professionals and are thrilled to be able to offer individual therapy sessions to families and children that are based around our local area. We are focused on therapeutic goals, holistic family working and having fun.

Our overall goal as therapists is for you and your family to not need us anymore.

We want to 'help you do it alone'.

We are based in Reading, United Kingdom currently, so unfortunately our face to face services are limited to around this location.

We offer sessions by appointment only.

We can also offer Skype based sessions, depending on you child, your family and your needs.

Occupational Therapy

Occupational Therapy is helps your child to **DO** the things they need and want to do.

Occupational Therapists generally organise the things people need to do into 4 areas;

- rest (sleeping, relaxing)
- productivity (work, and outcome based activities)
- leisure (things we do for fun)
- self care (looking after our bodies and mind)

When working with children and young people, Occupational Therapists are interested in understanding if a child can:

- do what they want to do (motivation)
- play (the medium for learning skills)
- do what they need to do (function)

At Look Hear, we ask ourselves several key questions:

- what does this child need to do (to play, learn, develop and grow)?
- what is stopping them being able to do this?
- where do they need to do this (in which environments)?
- who do they need to do this with (parents, siblings, peers, teachers)?

Psychology

Psychology is the study of the mind and human behaviour.

Psychologists work across a variety of areas, including cognition, development, health, social behaviour, learning and clinical.

When working with children and young people, Clinical Psychologists are interested in understanding how a child:

- manages their emotions
- behaves across different settings
- thinks about themselves and the world around them
- interacts with others

At Look Hear, Clinical Psychologists work in a holistic way to diagnose and treat behavioural, emotional and other mental health concerns.

The aim of this work is to provide an accurate understanding of what is contributing to presenting difficulties and support children and families to address these difficulties.

Our Fees and Charges*

Occupational Therapy Session (50 minutes)

- One-to-one therapy session with parent coaching, working on your individual goals.
- Include brief notes of session sent via email within 5 working days of session.
- Also offered via Skype.

£55 per hour + travel expenses

Occupational Therapy Notes or Letter Writing (50 minutes)

- Letters may include correspondence or referrals to your child's School, your local NHS services or your General Practitioner.
- Applies to any additional notes or reports outside of session summaries.
- Therapist must have seen your child within the last 2 months.

£55 per hour + travel expenses

Occupational Therapy Session at School or Nursery (50 minutes)

- One-to-One session observing and understanding how your child operates within their educational environment.
- Feedback and reflection to education staff as appropriate to your individual child's needs.
- Applies to meetings attended in school or nursery by the therapist.
- Includes notes and strategies of session sent via email within 5 working days of session (please note, this does not include a full report).
- Need consent from Nursery or School to attend.

£65 per hour + travel expenses

Clinical Psychology Session at School or Nursery (50 minutes)

- One-to-One session observing and understanding how your child operates within their educational environment from a mental health and behavioural viewpoint.
- Feedback and reflection to education staff as appropriate to your individual child's needs.
- Applies to meetings attended in school or nursery by the therapist.
- Includes notes and strategies of session sent via email within 5 working days of session (please note, this is not a full report).
- Need consent from Nursery or School to attend.

£85 per hour+ travel expenses

Clinical Psychology Notes or Letter Writing (50 minutes)

- Letters may include correspondence or referrals to your child's School, your local NHS services or your General Practitioner.
- Applies to any additional notes or reports outside of session summaries.
- Therapist must have seen your child within the last 2 months.

£75 per hour+ travel expenses

Occupational Therapy Assessment

- One-to-One assessment session looking at key areas of development such as physical skills (fine and gross motor skill sets), social and emotional skills, play skills, communication skills as part of play, sensory

processing, as well as cognitive skills.

- May include standardised and non standardised assessment tools.
- A short report of assessment and findings, as well as a therapy plan and how much the suggested therapy is likely to be.

£400 + travel expenses

Clinical Psychology Assessment

- One-to-One assessment session looking at key areas of development such as social and emotional skills, communication skills, cognitive skills, learning, behaviour, and mental health.
- This may also include gathering information from key stakeholders such as schools, your General Practitioner and other professionals involved in your child's care.
- May include standardised and non standardised assessment tools.
- A detailed report of assessment findings, strategies to support your child and recommendation for future intervention.

£650 + travel expenses

Occupational Therapy Supervision (50 minutes)

- Include brief notes of session sent via email within 5 working days of session, notes aligned with professional standards.
- Also offered via Skype or Phone.

£50 per hour

Clinical/Counselling Psychology Supervision (50 minutes)

- Include brief notes of session sent via email within 5 working days of session, notes aligned with professional standards.
- Also offered via Skype or Phone.

£70 per hour

Professional Training Sessions

- Delivered by an Occupational Therapist or Clinical Psychologist.
- Topics include Zones of Regulation, Challenging Behaviour, Mental Health, Autism, Sensory Processing and various others.
- Discounts or reduce rates for community groups or registered charities.
- Includes PDF of PowerPoint for note taking (sent before training for printing by organisation).
- Can be tailored to your workplace, and time considerations.
- Certificate of Attendance provided for members of staff who attend.

£70 per hour + travel expenses

Travel Fee (60 minutes)

- For travel outside of a 15 mile radius of Central Reading (within 15 miles of Reading is included in mileage).

£30 per hour

Mileages

- For all travel to and from sessions (starting point is Central Reading).

£0.45 per mile

*These fees are correct of 25/01/19 and Look Hear Global Ltd (Company Number 11458532 – UK) and Look Hear Australia Ltd (ABN: 92 613 657 426 – Australia) reserves that right to change these fees without notice but will endeavour to update the website in a timely manner.

These fees are to be used as guide only, as every family and their individual needs are different. Please contact our team for your individual therapy quote with our most up to date fee structure.

Our Team



Tara Rossow (nee Whiteford) – Founder/Owner

Registered Specialist Paediatric Occupational Therapist

[Visit Tara's LinkedIn Profile](#)

Tara is a specialist Occupational Therapist who has worked in Paediatrics since her graduation from James Cook University in 2012. She has considerable experience working with children who present with diverse physical, developmental, mental health and complex needs and abilities.

Tara is passionate about helping children and families to

achieve their individuals goals, and aims to do this by empowering families. Her therapy motto is “It’s not hard to make it easy” and Tara strives support families to develop their own skills set that enables to meet their individual child’s and family needs.

Tara is currently working at a private Mental Health Hospital for children and young people with acute mental health disorders.



Tim Rossow – Founder/Owner

Registered Clinical and Counselling Psychologist

[Visit Tim’s LinkedIn Profile](#)

Tim is a highly specialist Clinical and Counselling Psychologist and has worked across a variety of roles since graduating in 2011. He began to focus on working with children, particularly with neurodevelopmental disorders, and their families in 2013. Tim has significant experience working with and assessing children with developmental, learning and mental health needs.

Tim is passionate about understanding behaviour, and helping families, teams and schools to manage different behaviours of children and young people with various needs and abilities.

Tim has recently commenced his Doctoral studies at Reading University, looking at sensory processing and mental health difficulties in children with Autism Spectrum Disorder/s.

We work within an excellent wider network of private Play Therapists, Neuro and Educational Psychologists, Physiotherapists, Osteopaths and various other professionals.

Get in touch

Send us an email or use our web form – we'll need your contact details and a brief outline of your child and we will get in touch with you.

[Contact Us](#)

Our Values

Expertise

We are highly trained professionals who continually access training, development and supervision. We want to always be the best therapists for our families and this means being experts in our chose specialisms.

Community

We want to always work within our local community, helping to bring together families and experts to help make things easy for each other. We aim to be aware of what is available in our

local community, and support families to access what is available to them.

Efficiency

We want to be efficient in providing therapy services and reports to our families. We understand that accessing support can be a stressful time, and we want to be able to provide high quality support and understanding in a timely manner.