

## Exercise Physiology

Our accredited Exercise Physiologists offer a tailored approach to the management and prevention of: chronic diseases, musculoskeletal injuries, neurological disorders, fall prevention, weight management and more.



### Assessments:

- Comprehensive physical assessment
- Analyse medical history
- Assess risk during exercise
- Perform fitness and stress tests
- Blood pressure management
- Develop exercise programs
- Coordinating with your entire health care team



### Therapy

- Determine individualised exercise program
- Education on exercise
- Exercise prescription
- Exercise prescription for disability and chronic disease
- Aerobic exercise
- Community based exercise program
- Nutritional advice
- Water based therapy
- Resistance based therapy



## Group Therapy Programs

ECM offers a wide range of group therapy programs to support our clients across many different areas.

Cool Kids Program (ages 7 to 12)

Chilled Cool Kids Program (ages 12 to 18)

Building Blocks Minis (ages 3 to 4)

Building Blocks Junior (ages 5 to 6)

Building Blocks (ages 7 to 11)

Social Squad (ages 12 to 14)

Teen Team (ages 14 to 17)

School Readiness Program (ages 3 to 4)

Drumbeat (ages 7 to 14)

Drumbeat Beatz (ages 4 to 7)

Life Skills (adults)

Writing Wizards (children + adolescent)

The HIVE (ages 16 to 25)

Mindfulness Through Movement (ages 5 to 8 and 9+)

DBT for Girls (adolescents + adults)

Sensory Spies (ages 8 to 14)

Peaceful Kids (ages 7 to 18)

Tali Program

PEERS Lite (ages 17 to 26)

PEERS Teen Lite (ages 11 to 16)

Dialectical behaviour therapy (DBT). (Teens and young adult men)

Secret Agency Society (SAS)

Mental Health First Aid

Transition to High School

Academic Skill training

Technology Social Group

Parenting Support

Dungeons and Dragons (teen and adult)

School holiday craft kids (ages 4 - 6)

School holiday science academy (ages 7 - 10)

If you or your child are interested in joining a group, ask our friendly staff for more information.

## Contact Us

02 4969 8060



Scan the QR code or go online to check out our Hamilton & Rutherford locations

[www.ecmonhudson.com](http://www.ecmonhudson.com)



EDUCATIONAL CASE MANAGEMENT  
CLINICAL ALLIED HEALTH SERVICES



Our multi-disciplinary clinical allied health team offers support for children, adolescents and adults throughout the Newcastle and Hunter Valley region.

[www.ecmonhudson.com](http://www.ecmonhudson.com)

## Speech Pathology

ECM offers speech pathology assessments and therapy for all ages. Our experienced team of Speech Pathologists and Allied Health Assistants deliver intervention to help clients and families meet their goals.



### Assessments:

- Social Communication assessments
- School Readiness assessments
- Language and Metalinguistic assessments
- Speech assessments
- Literacy assessments
- Swallowing and Feeding assessments



### Therapy

- Language, Literacy and Learning
- Phonological Processes and Articulation
- Stuttering
- Social Skills
- Meal Management and Swallowing
- Metalinguistics
- Augmentative and Alternative Communication
- Early Language Intervention
- Behavioural Management
- School Readiness
- Picky Eating
- Voice therapy



ECM is a Registered NDIS provider (NDIS Commission) and has Registered Specialist Behavioural Support Practitioners

## Psychology

ECM has a dedicated team of Psychologists and Counsellors to support clients of all ages. We offer assessments and clinical therapy across a range of practice areas.



### Assessments:

- Psychometric: Intellectual, Academic, Behavioural and Adaptive assessments.
- Educational: Specific Learning Disorders and Dyslexia assessments.
- Neurological: ADHD, Executive Functioning, Working Memory and Auditory assessments.
- Autism: assessment and management.
- Behavioral Management and Specialist Behavioural Therapy
- Gender and sexuality



### Clinical Services / Therapy

- Anxiety and Depression
- Mood Disorders and Bipolar Disorder
- Post Natal Depression
- Obsessive Compulsive Disorder: Phobia
- Suicidal Ideation: Self Harm
- Post-Traumatic Stress: Complex Trauma
- Relationship Counselling: Couples
- Workers Compensation: Third Party
- Autism Spectrum Disorder
- Hypnosis
- EMDR - Trauma Therapy
- Personality Disorders
- Parenting Support



## Occupational Therapy

Our skilled Occupational Therapists and Allied Health Assistants offer assessments and therapy for clients across the lifespan. We help to facilitate the development of occupational skills to achieve positive and meaningful outcomes despite possible challenges with physical or mental functioning.



### Assessments:

- Home and Community Functional assessments
- Sensory Processing assessments
- Gross Motor assessments
- Fine Motor assessments
- Activities of Daily Living assessments
- Executive Functioning assessments
- Cognitive assessments



### Therapy

- Fine and Gross Motor Skills
- Hand-eye Coordination
- Sensory Processing
- Adaptive Equipment to assist function
- Emotional Regulation
- Daily Functioning
- Safety and Independence
- Behavioural Management
- Diet Management
- Social Awareness

