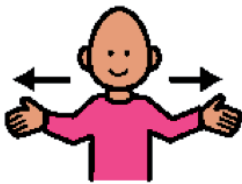




## Young Adult Team Clinical Psychologist

Dr. Fiona Hamilton

### What is a Clinical Psychologist?



Psychologists help you feel better through talking therapies.



They are part of the health team, like nurses and doctors.

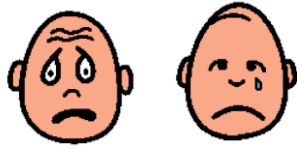


They are different to your key worker or support worker.



Psychologists do not give medication or use needles.

## What can a psychologist help with?



Worrying a lot or feeling sad



Getting angry



You might be upset about your life.



Relationships

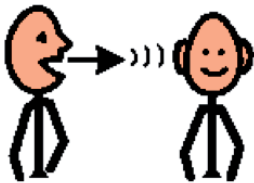


Thinking problems like finding learning hard, making decisions or forgetting things

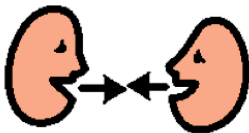
## How can a Clinical Psychologist help me?



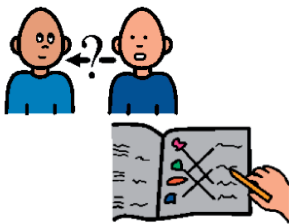
Psychologists can help you talk about your feelings.



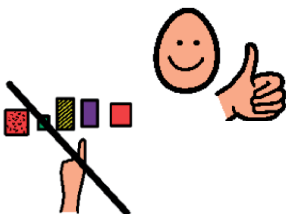
They will listen to you.  
They try to understand how you feel.



They can give advice on how to make things better.



Psychologists may ask you questions and to do some puzzles.



They find out what you are good at and what you find difficult.



Psychologists help your care team to understand you better.

## Keeping your information safe and confidential



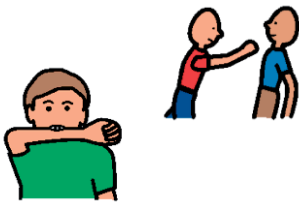
Everything you share with the psychologist will be confidential / private. This means that psychologists will not tell other people what you said



Sometimes it is helpful to share your information with your care staff or your family.



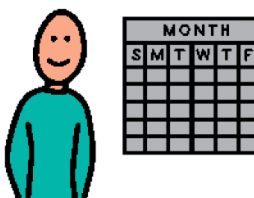
Psychologists will only share your information with your permission.



When we feel upset, angry or worried, we may have thoughts of hurting ourselves or other people.

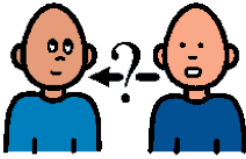


If you feel this way, psychologists may tell people in other care services.

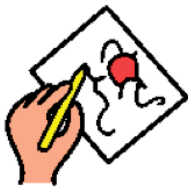


Telling other care services means that more people will be able to help you.

## What happens in an appointment?



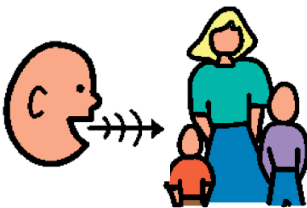
The psychologist will ask you some questions.



Psychologists might use drawings and writing to help you understand.



They can help you learn about your feelings.



They can help you talk about your emotions with your staff and family.



They can help you feel more confident.

## Questions

Do I have to attend?

No, it is your decision to attend or not

Can I bring someone with me?

Yes you can bring a staff or family member with you. They should be someone you know and trust.

What if I am unsure?

This is normal. You can meet 1 or 2 times with the psychologist before deciding if you would like to work together for longer.

What if I change my mind?

You can change your mind and stop attending whenever you wish.

I have other questions

We are happy to answer any other questions when we meet

## Psychology – what to expect

### The first visit



On the first visit, the psychologist will meet the person (alone or with staff) and get consent.



Psychologist will also meet with the staff who made the referral, this should include the service leader and a staff member who knows you well and for a period of time (such as a keyworker).



You will be able to talk about what you and/or your staff would like help with.



You might have to fill in questionnaires or complete a distress chart.

### What happens next?



Usually, the assessment takes 2 – 6 appointments.



Depending on the difficulties, this can involve meeting with the person, the staff and/or the family.



Once the assessment is complete, the psychologist will meet the person/staff/family and agree on a treatment plan. This could be:

- Individual sessions with the person.
- Staff Consultation.
- Staff Training.
- Referral to another member of YAT or another service, such as Mental Health service.