

CLINICAL PSYCHOLOGY

WHAT DO CLINICAL PSYCHOLOGISTS DO?

Clinical Psychologists are engaged in the scientific study and application of psychology for the purpose of understanding, preventing and relieving psychologically-based distress and to promote subjective well-being and personal development.

WHAT DO SESSIONS INVOLVE?

Psychological therapy is an active process, working together to develop a full understanding of the issues involved in order to decide the best way to move forward. It involves spending time exploring the thoughts, feelings and behaviours that contribute to the presenting issues.

HOW MANY SESSIONS WOULD I NEED?

That depends on the issues that you would like to work on. Some difficulties can be resolved within a few sessions, whilst others may need longer term work. Sessions would normally be each week at the same time.

There is no commitment to a minimum number of sessions.

PRACTITIONER

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