

## Psychological Therapies

The approach used will be tailored to your difficulties. There are different approaches the clinical psychologist can use to help you manage your difficulties.

For example one of the psychological therapies offered is called 'cognitive behavioural therapy for psychosis' (sometimes shortened to CBTp). CBTp helps people with psychosis establish links between their thoughts, feelings and actions and helps promote alternative ways of coping, reduce distress and improve functioning.

Other approaches may be used depending on your needs.

It can be useful before your first appointment to think about what you would like help with. Perhaps writing a wish list or problem list to bring with you or what you have found to be helpful and not helpful, for example previous therapies.

### Contact details

#### Assertive Outreach Service

Riverview  
Mount Gould Hospital  
Plymouth  
PL4 7QD

Tel: 01752 435050

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

 Livewell Southwest

 @livewellsw

# Clinical Psychology



## Assertive Outreach Service

## Meeting with a Clinical Psychologist can help you to:

- Assess your difficulties / what's going on for you
- Make more sense of your situation
- Manage distressing thoughts and feelings
- Help with voices
- Help with distressing experiences
- Relapse prevention to help you stay well
- Consider the impact of the difficulties on yourself and those around you
- Harness your existing strengths in coping with things
- Develop new approaches to coping and see how they work out in practice
- Work on the best ways for you to communicate with the people around you
- Cope with uncertainties

## Referrals

You can speak to the team and ask to be referred to an AOS psychologist, or the team might make a referral on your behalf.

You will have access to support from a psychologist while you are with the AOS team. You can see the psychologist on your own, with a member of the team, your care co-ordinator, family or friend.

## What is a Clinical Psychologist?

A clinical psychologist is trained to help people understand and cope better with many different kinds of problems. They have at least six years training and are registered by the Health and Care Professions Council.

Clinical psychologists are not medical doctors like psychiatrists; they do not admit people into hospital and do not prescribe medicine. They help by talking with people about their problems.

A clinical psychologist will listen carefully and try to help you make sense of your difficulties. Whenever possible, he or she will agree with you the best way of dealing with your problems and work with you to produce a plan of action.

There are many different approaches the clinical psychologist can use to help you manage your difficulties, and they all involve the two of you working together to bring about change.

## What does seeing a Clinical Psychologist involve?

Meeting the psychologist can last up to an hour and is an opportunity for you to discuss the difficulties you would like support with. The aim is to work together to decide what kind of help will be most useful. The appointment may be a one-off or you may agree to meet again.

## What about confidentiality?

You control the information you chose to share with us. The clinical psychologist will only share information that will help your team to support you. In addition, if the psychologist is discussing with you, another person is at risk of some harm, then they're duty bound to inform the relevant professionals.

## What records will be kept?

We need to have typed records of our contact with you so that we can keep track of what we are doing and, if necessary, keep other people properly informed. Your Clinical Psychology records are kept on the electronic system at Insight. They can be seen by the people directly or indirectly involved in your care. All have a duty to keep your details confidential.

Your records are owned by the National Health Service, not the Psychologist, and must be kept according to legal guidelines. You have a right to see your records in just about all circumstances. There is a procedure set down by law which has to be followed. If you would like to do this, please ask us for details. There may be a cost if you would like copies.