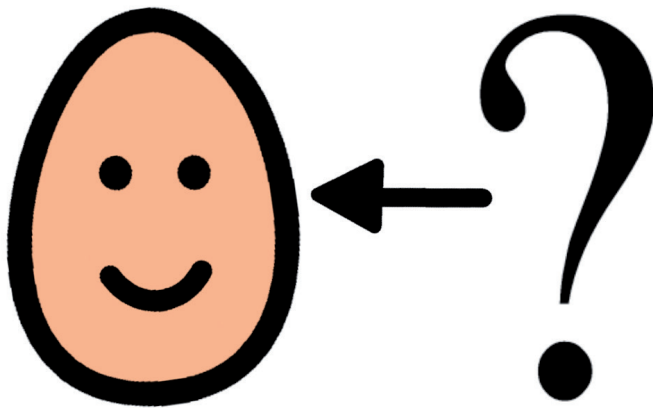




Division of
Clinical Psychology

What is a clinical psychologist?

Easy read information leaflet

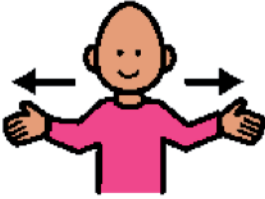


www.bps.org.uk/dcp



The British
Psychological Society

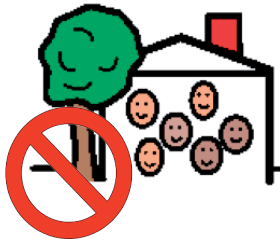
What is a clinical psychologist?



Psychologists help you feel better through talking therapies.



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

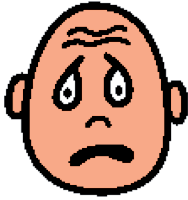


They are different to your key worker or support worker.

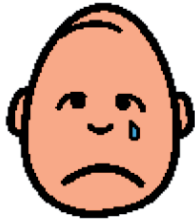


Psychologists do not give medication or use needles.

Here are some problems they can help with



Worrying a lot.

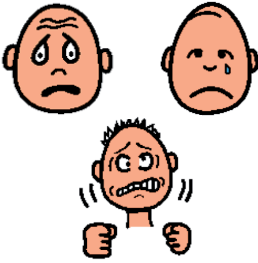


Feeling sad a lot.



Getting angry a lot.

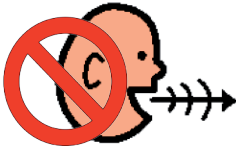
Why am I seeing a clinical psychologist?



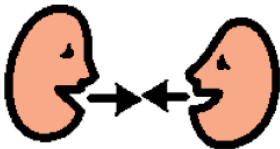
Sometimes we feel sad, angry or confused.



You might be upset about your life.



When we feel upset it can be difficult to talk.

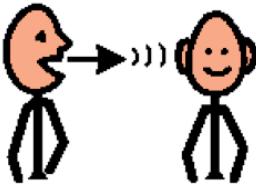


A psychologist can help you.

How can a clinical psychologist help me?



Psychologists can help you talk about your feelings.



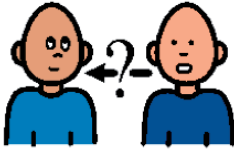
They will listen to you.



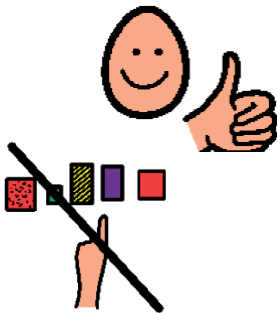
They try to understand how you feel.



They can give advice on how to make things better.



Psychologists may ask you questions and to do some puzzles.

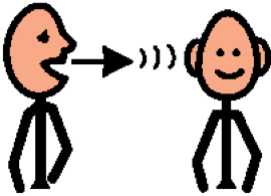


They find out what you are good at and what you find difficult.



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.



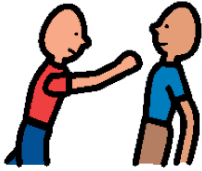
This means that psychologists will not tell other people what you said.



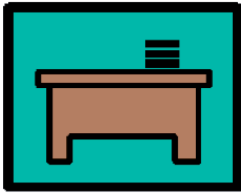
Sometimes it is helpful to share your information with your care staff or your family.



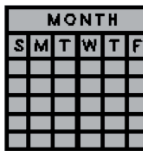
Psychologists will only share your information with your permission.



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

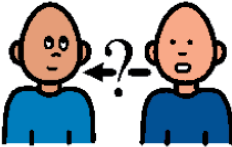


If you feel this way, psychologists may tell people in other care services.



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

What happens in an appointment?



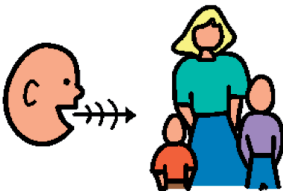
The psychologist will ask you some questions.



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.

Joanna Cheng, Trainee Clinical
Psychologist, Lancaster University
Doctorate of Clinical Psychology

Dr Ian Smith, Consultant Clinical
Psychologist and Senior Clinical
Tutor, Lancaster University
Doctorate of Clinical Psychology

This leaflet is intended to be used
as a template for services where
there may not be an existing
information leaflet already. Services
can also choose to distribute this
leaflet directly.

