



WHAT TO EXPECT WHEN YOU VISIT A CLINICAL PSYCHOLOGIST AT SHELL COVE FAMILY HEALTH

WHAT IS A CLINICAL PSYCHOLOGIST?

A clinical psychologist has studied at university for at least six years. They have specialist training in the assessment, diagnosis, and treatment of mental health problems and disorders.

WHAT SORTS OF PROBLEMS CAN A CLINICAL PSYCHOLOGIST HELP ME WITH?

You are welcome to see a psychologist for any emotional or behavioural problem you are experiencing. Common reasons for seeing a clinical psychologist include, but are not limited to:

- Depression
- Anxiety
- Stress
- Anger
- Adjustment difficulties
- Workplace issues
- Self-esteem & body image issues
- Chronic pain
- Grief
- Trauma
- Drug and alcohol dependence
- Relationship problems

WHAT IS THE AIM OF PSYCHOLOGY TREATMENT?

The role of a clinical psychologist is not to give advice or simply to listen to your problems. Rather, clinical psychologists are trained to help you better understand your emotional and behavioural problems in order to better manage your symptoms and make lasting changes.

WHAT HAPPENS DURING A PSYCHOLOGY SESSION?

The first one or two sessions generally involve the psychologist asking about your symptoms and relevant past history in order to understand your current experiences and difficulties. You will also develop personal goals that you will work towards in therapy. Subsequent sessions will focus on relevant issues to help work towards your therapy goals. This will vary for each person, however some common topics in psychology sessions include:

- Understanding how your thoughts, feelings and behaviours interact
- Learning strategies to manage your current difficulties and achieve your goals
- Processing difficult issues
- Learning about yourself and your values

Some sessions may be difficult because they bring up tough emotions and other sessions might be inspiring because of something you have discovered about yourself. The more open, honest, and motivated you can be - the bigger the pay off in therapy.

HOW MANY SESSIONS AM I ABLE TO ACCESS?

Medicare funds up to ten psychology sessions per year under a bulk billing system, such as that at Shell Cove Family Health. Private appointments are also available and you may be eligible for a rebate with your private health insurer.

HOW LONG DO SESSIONS LAST?

Most sessions last 50 minutes.

**Contact us to find out more 02 4220 8800
or visit www.scfh.org.au**



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