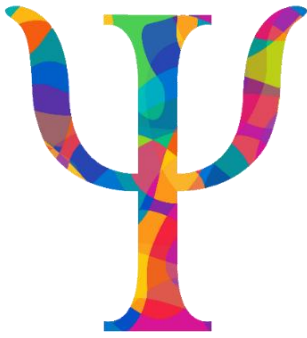


**Clinical Psychology** services with Psynamo offer a broad range of assessments, diagnosis, psychotherapy and more. Our clinical psychologists are qualified to doctoral level and have received training from around the world. They maintain high standards in client work and in ethical, supervised and CPD practices. Formal assessments, utilising the most current editions of standardized assessments for for Cognitive, IQ, Educational, and Developmental purposes maybe also be carried out to inform a course of therapy. Reading and Writing screens, for example, can help to identify learning differences and areas of strengths and weakness that may benefit from support but may not be of a clinical nature or we can administer screens for behavioural difficulties and carry our work with children and families where there are difficulties related to anxiety, low mood and anger. Our clinical psychologists are available to work with the full life spectrum from birth to bereavement issues and everything in between. Clinical services offered include Assessment, Diagnosis, Treatment, Psychoeducation, Psychotherapy, Referral, Ongoing Support, Consultancy, and more.



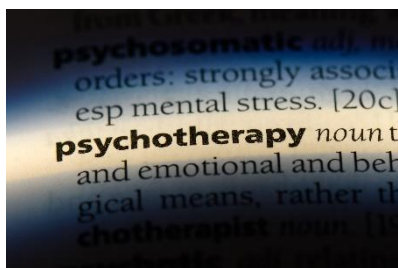
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**Clinical Psychologists** work to understand human thought, emotions and behaviour through the application of scientific and utilizing well-researched tools and methods to reduce psychological distress and promote psychological well-being. Clinical Psychologists undertake psychometric assessments in a variety of areas (such as cognitive functioning), conduct research to help advance scientific knowledge of mental health, and work in a variety of settings, such as inpatient and outpatient hospital settings, in schools, and in businesses outside of our own clinic. Our team of clinical psychologists work in tandem with psychiatrists, medical doctors, social workers, counsellors, educators, and other professionals to provide the best of advice and a connected support system possible.



**Typical presentations** Our team work with individuals and groups who experience mental and/or physical health difficulties which can include anxiety, depression, serious and enduring mental health problems, adjustment to physical illness, neurological disorders, addictive behaviour, childhood behavioural disorders, personal and family relationships and learning disability, to list but a few presentations. They also work with people who simply wish to have a better understanding of their cognitive profile or pattern of interacting with others. All referrals are treated in a non-judgmental manner and with the strictest confidence. When you meet with a clinical psychologist, the initial meeting will usually be for an assessment and then the clinician will discuss with the client the treatment options.

**Therapies** Our clinical psychologists are trained in the use of a number of psychotherapies for supporting a range of clinical presentations. Cognitive-Behaviour Therapy (CBT), for example, is a well-known and evidence-based (meaning research has shown efficacy in alleviating psychological distress) treatment for a number of presenting difficulties such as anxiety, low mood, depression and interpersonal difficulties (amongst others. CBT has been found to be very effective in reducing psychological distress by focusing on the link between our thought processes and our emotions and behaviour, helping us to identify unhelpful thinking patterns that cause us to behave in ways that maintain our problems. The goal of CBT is to help identify these and develop more helpful thought processes that will in turn help us to adapt our behaviour so that the psychological distress is reduced. Other modalities we use include Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), Play, Sand, and Expressive Arts Therapies, Emotional Focused Therapy (EFT), Gottman, Family Therapy, and a host of others. Be sure to ask your psychologist about what modality they might suggest for work with you so you can be better informed about the process and expected outcomes of your therapy.



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