

What can an Assistant Psychologist help with?

An Assistant Psychologist is able to help with a variety of things. For example,

- Adjustment to life with a head injury
- Emotional management
- Social rehabilitation
- Coping skills
- Relaxation skills
- Memory strategies
- Helping people slowly get over fears and anxieties they may be having
- Help you to remember and apply the outcomes of your session with the qualified psychologist on a day-to-day basis
- Teaching you relaxation techniques
- Problem solving and goal setting
- Developing and maintaining a routine.



*'It is good to have an end to journey toward;
but it is the journey that matters, in the end'*
- Ursula Le Guin

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Patient Leaflet

The role of the Assistant Psychologist.

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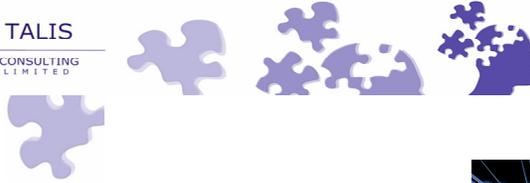
What is an 'Assistant Psychologist'?

An Assistant Psychologist is someone who has a degree in psychology and is starting their journey to becoming a qualified clinical psychologist. They work closely under the supervision of a qualified clinical psychologist (see further along for what a qualified clinical psychologist is) to assist in the work that they carry out.

What does an Assistant Psychologist do?



An Assistant Psychologist can be involved at any stage of the service. Some may assist in carrying out tests and other assessments during your initial consultation, then, depending on your needs the assistant may work more closely with you to help you with your recovery. When working directly with patients an Assistant Psychologist works to reinforce and develop things which are discussed in your sessions with a qualified clinical psychologist. Sometimes assistants work more 'behind the scenes', helping with the running of the service and doing research projects.



Why might I be working with an Assistant Psychologist?



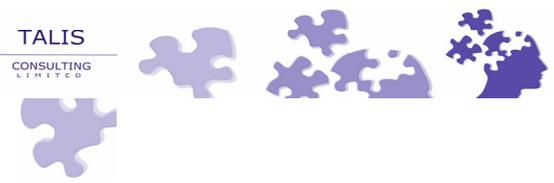
Sometimes there will be an issue which the neuropsychologist thinks needs more input than they can give alone. Often they will arrange for an Assistant Psychologist to help them with these issues. For example, the neuropsychologist may think it useful for an Assistant to meet with you inbetween their sessions as they can give you much more intensive help with anything you have may have difficulty with. They may also ask the Assistant to do activities with you which would be helpful for your recovery.

You may be wondering why you cannot just work with the qualified Psychologist. The answer to this is that qualified Psychologists are often very busy and so they will supervise the Assistant so they can work with you more closely and intensively so that you get the best service available.

What is a 'Qualified Psychologist'?

A *Clinical Psychologist* will have completed a doctoral training course and will undertake clinical assessment and treatment.

A *Clinical Neuropsychologist* is a Clinical Psychologist who is highly specialised in the workings of the brain and has taken further qualifications. They undertake assessments and treatments for people with brain conditions.



Cognitive Behavioural Therapy (CBT)

CBT is a talking therapy which helps to change the way you think about things. It works by making sense of overwhelming problems by breaking them down into smaller parts. This makes it easier to see how they are connected and how they affect you. These parts are:

- Thoughts
- Physical Feelings
- Emotions
- Actions

10 Key Facts about CBT

Change: your thoughts and actions
Homework: practice makes perfect
Action: don't just talk, do!
Need: pinpoint the problem
Goals: move towards them
Evidence: shows CBT can work

View: events from another angle
I can do it: self-help approach
Experience: test out your beliefs
Write it down: to remember progress

