

What is a Clinical Psychologist?

Clinical Psychologists are trained to support people in understanding and coping better with many different kinds of problems. We hope to help people move forward with their lives in whatever ways are most important to them.

We provide well researched talking therapies, like Cognitive Behavioural Therapy (CBT), and see people for individual therapy, family therapy, and sometimes in therapy groups.

What kinds of problems can they help with?

We all have areas of our lives that we'd like to make changes in, but sometimes we can face barriers that make taking steps forward pretty difficult. A psychologist can help with different kinds of problems, including:

- Anxiety
- Depression
- Low self-esteem
- Relationship problems
- Difficulties managing emotion
- Unusual and distressing thoughts and experiences
- Alcohol and drug use
- Sleep problems
- Traumatic events in childhood or as an adult



Most people might experience a few of these problems at the same time, or perhaps entirely different ones.

Sometimes it can be really hard to identify what our main problems are, and you don't have to have figured this out before therapy. The psychologist can help you work out what direction you'd like to take, and can help you notice and deal with what's been getting in the way.

What does seeing a Clinical Psychologist involve?

Individual Therapy

Individual therapy involves one-to-one meetings with a psychologist, and at OASIS we offer up to 24 sessions. Therapy is a confidential space where people can:

- ✓ Work on any emotional and psychological problems they are experiencing
- ✓ Find new ways to cope, manage and move forward in life
- ✓ Set particular goals for what you'd like to get out of the sessions

Individual therapy will always be guided by the direction you want to go in, and focused on the problems that you want to face. Together, you and your therapist can develop an understanding of the difficulties you experience, and work on ways that you can more consistently live a life that is meaningful and important to you.

Family Therapy

In family therapy, significant people in your life can attend with you. This could be family members, partners, or friends, and as a group you can decide what you'd like to work on. Sometimes it can be helpful for important people in your life to understand more about what you're going through, and what role they can have in supporting you. Family therapy is often about how people can work together in dealing with difficulties and moving forward, as individuals and as a group.

Psychology Groups

We run different types of groups focusing on problems that lots of people have in common. For example, about: sleep, drug and alcohol difficulties, anxiety, and more. We can let you know about what groups are running, and you're very welcome to come along.

What other people in OASIS have said about psychology

"The sessions were practical and tailored to fit what was important to me, and the careful work we did together to understand exactly what happened in my life before I became unwell helped me feel I have an important role to play in keeping well, and that my psychological responses were natural in the circumstances I found myself in."

This was empowering and relieving, in that the experience became less frightening and confusing in context. Most importantly of all, the regular sessions gave me some structure and a safe, reliable space where I knew I could check in, reflect and be supported in my recovery."

Michelle, aged 29

"I was with OASIS for two years, and therapy really helped me to understand and deal with my experiences. It is something I will not forget. A great service, made by great people!"

Anthony, aged 21

"Coming to therapy at oasis has helped me to overcome and get through tough times in my life. You not only build a relationship with your therapist but learn how to tackle your personal issues step by step and what to do if a certain situation arises again. As trust grows throughout the sessions, you slowly learn how to open up more and express your feelings as it's a safe environment. You learn that the team want to help and that the staff members care about you."

Hannah, aged 17



What's the next step in seeing a psychologist?

Now that your assessment with OASIS is complete, you'll be contacted by a psychologist to see if you'd like to arrange a time to meet. You don't need to commit to anything right now, and if you're feeling a bit unsure about therapy you might just choose to meet once with someone to see what you think.

On the other hand, you might feel pretty clear on what you'd like to work on and how often you'd like to meet, in which case you can discuss this with your therapist.

Most people have one-to-one therapy, but if you think that family therapy might be helpful then just let us know. You might like to start with individual sessions, and have some family meeting alongside this, or afterwards. We'll try to be as flexible as possible. We'll also keep you updated on any groups coming up, and you can decide whether or not you'd be interested in trying them out.

A couple of resources that might be of interest

Rethink

Support and advice for people with mental health difficulties, their families and carers.

www.rethink.org



Time to Change

An organization working to prevent discrimination and stigma around mental health.

www.time-to-change.org.uk



let's end mental health discrimination

If you'd like a large print, audio, Braille or a translated version of this leaflet then please ask us.

Contact SLaM

SLaM switchboard: 0203 228 6000

SLaM website: www.slam.nhs.uk

Patient Advice and Liaison Service (PALS)

PALS is here to listen and support you in whatever way they can, to ensure your experience at SLaM is a positive one. If you are not happy with something at SLaM, then PALS will try to help you. If you decide you want to make a formal complaint PALS can advise you how to do this.

PALS 24hr information line: 0800 731 2864

PALS website: www.slam.nhs.uk/pals

PALS email: pals@slam.nhs.uk



Psychological Therapy



Lambeth | Southwark | Lewisham | Croydon

