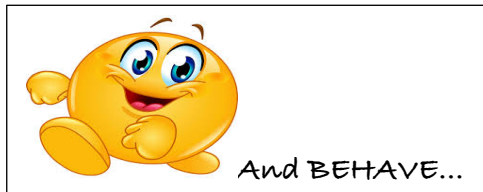
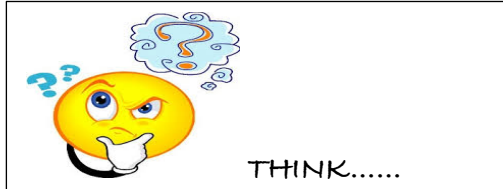


## What is a Psychologist?

A Psychologist is someone who is interested in how people.....



Psychologists work in a variety of different settings for example:

### IN SCHOOLS

**An Educational Psychologist** works in schools and is interested in thinking and behaviour that supports children to learn

### IN PRISONS AND OTHER SECURE SETTINGS

**A Forensic Psychologist** might work in a secure setting or a prison and works with people who have committed an offence to support them to think about what they have done and to support them to change their behaviour or rehabilitate

### IN BUSINESSES

**An Organisational Psychologist** works in businesses to consider how to support employees to work efficiently



## PENNY AND I ARE CLINICAL PSYCHOLOGISTS

A clinical psychologist might work in a clinical setting like a doctor's surgery or a hospital, but they can work in other places too, like in schools and in care settings.

They support adults and young people when they feel stuck with their thoughts, feelings or behaviour.



For children and young people, they support the young person and whoever cares for them to understand why they might feel stuck. They might talk with the young person (but only if they want to!) or they might talk with the young person's parent / carer, school or social worker (or they might do all of these things).

They will ask questions to better understand what the young person might want help with. They might ask questions about how they are feeling, how long they have felt like this.



Then they will provide a plan to support the young person to move forward. This plan might include talking more with the young person or it might involve supporting the network of adults around the young person to help the them to move forward.

I imagine you are all familiar with visiting a doctor or a nurse at a GP clinic when you feel physically unwell? Well, a clinical psychologist is someone who works with people when they feel emotionally unwell to support them to feel safe and happy.

Clinical Psychologists also work directly with carers and teachers to support them to provide the best kind of environment to support children to feel safe and happy.



They work with adults to support them to understand why children may feel overwhelmed at times and how these feelings can impact upon how they think and what they do. We do this through:

- Consultations, where adults get together to talk about how they can provide the best kind of support for a young person.
- Training, where we provide information about certain specific issues like; looking after a child who is depressed or supporting a child through transitions for example
- Supervision, where Penny or I meet 1:1 with an adult to focus upon them and identify what they need to provide the best possible care for a young person

### Myths about Psychologists



Psychologists do not make you talk about things you don't want to talk about



Psychologists cannot read your mind

visiting a psychologist does not mean you are "mad" or "crazy"

visiting a psychologist does not mean you have failed



It means you are asking for help to get better, just like you would ask a GP for help if you felt physically unwell

