



What is clinical psychology?

“Clinical psychology is an art”

[Westburgh]





Core skills of clinical psychologists...

- *Assessment*
- *Formulation*
- *Intervention*
- *Evaluation and Research*
- *Communication*

[QAA, 2004]





Assessment....

This is the process of gathering information about the client through the use of standardised psychometric instruments, rating scales, direct behavioural observation, and clinical interviews with the client and possibly other family members or staff.





Formulation....

This is the process of making sense of all the data obtained from the assessment.





Formulation....

It involves trying to understand a person's difficulties within a psychologically informed explanatory framework





Formulation....

It is about understanding the historical influences that have contributed to their problems, the immediate triggers, and the factors that maintain the problems....





Formulation....

It is about understanding the person within their developmental history, shaped as this is by the constant interplay between genes and the environment.





Intervention....

This follows from the formulation.

It may be a course of therapy undertaken by the psychologist or by another mental health professional under the clinical supervision of the psychologist.





Intervention....

The psychologist may recommend other interventions in addition to or instead of a course of therapy.

These might include social support, help with problem-solving, anxiety and stress management, and activity scheduling.





Evaluation and research...

This involves the use of the scientific method to monitor the progress of therapy, to look at individual, group and service outcomes, and to contribute to the evidence base for psychological interventions.

