



# Communication....

The clinical psychologist needs to be a skilful communicator both verbally and in written form...





# Communication....

The skill lies in being able to adapt to the circumstances...





# Communication....

- Interviewing a client with a learning disability
- Getting more than monosyllabic responses from a depressed client
- Getting a word in edgeways when a client can never keep to the point





# Communication....

- Speaking up in meetings when you are the lone voice for the profession
- Writing clinical reports for colleagues
- Writing a report for a solicitor





# Communication....

- Calming down distressed or angry clients and family members
- Persuading a client that taking their own life is not the best course of action





# Communication....

In essence, it is about engaging with people in such a way that they have confidence in you and can understand the often complex and sometimes unpalatable messages you are trying to convey.





# Clinical areas of work

- Working age mental health [WAMH]
- Older adults [MHOP]
- Children & adolescents [CAMH]
- Learning disabilities [SPLD]





# Working age mental health

- Community mental health teams [CMHT]
- Specialist substance misuse & dual diagnosis service
- Eating disorders service
- Psychosis and recovery service
- Assertive outreach team
- Early intervention team







# Clinical conditions

- Anxiety disorders
- Obsessive compulsive disorder
- Depression
- Post-traumatic stress disorder
- Childhood trauma
- Psychosis
- Personality disorders
- Substance misuse





# Anxiety disorders

- Social anxiety
- Agoraphobia
- Panic disorder
- Generalized anxiety disorder





# Obsessive compulsive disorder

- Intrusive obsessive thoughts
  - Harming someone
  - Profanities
  - Disturbing sexual images
- Compulsions
  - Checking
  - Cleaning
  - Arranging and ordering





# Post-traumatic stress disorder

- Type I – exposure to single traumatic event
- Type II – prolonged exposure to traumatic environment





# Childhood trauma

## – Abuse

- Sexual
- Physical
- Emotional

## – Severe neglect





# Psychosis

» Schizophrenia

» Bipolar disorder

