



FREQUENTLY ASKED QUESTIONS

WHAT IS A CLINICAL PSYCHOLOGIST?

A Clinical Psychologist is a type of psychologist that can support people to manage a wide range of mental and physical health problems including addiction, anxiety, depression, learning difficulties, relationships challenges and much more.

They typically complete clinical assessments to explore a clients presentation and may use a variety of methods such as psychometric tests, interviews and observations.

These assessments will inform the development of a formulation. A formulation is a shared understanding of the presenting problem, that can offer insight into the symptoms, where problems may have developed from, and what might be keeping the symptoms going.

Assessment and formulation may lead to advice, counselling or therapy. A Clinical Psychologists' goal is to support clients to understand how they think, feel, and behave, so they can collaboratively work towards improved emotional wellbeing.

“Clinical Psychologist” is a protected title. This means only individuals who have completed the appropriate training and qualifications are authorised to use the title. A Clinical Psychologist will have completed a minimum of 6 years of training, with 3 years at doctorate-level. They are registered as a practitioner psychologist under a regulatory body called the Health and Care Professions Council (HCPC). It is important to check that a Clinical Psychologist is appropriately registered, which can be done by using the following link: <https://www.hcpc-uk.org/check-the-register>

WHAT ABOUT THE WEATHER?

We appreciate that the UK weather can be unpredictable and may affect our ability to offer therapy on the golf course. Seasonal changes in the weather may also impact on golf therapy availability. Therefore, our ability to offer therapy on the course / putting green will be determined by the golf course. If the golf course is open and happy for us to play then we will go ahead with the session. We encourage everyone to wear appropriate clothing.

The weather may also impact 'Walk and Talk' therapy. We would encourage all clients to always check the weather forecast before sessions, and to wear appropriate clothing, wear sun / rain protection, and to bring a drink, food, and any health related items as appropriate.

We will always aim to be as flexible as possible, and if the weather impacts our ability to offer golf or 'Walk and Talk' therapy, then we can offer online therapy as an alternative. Our therapy contract will outline our cancellation policy in more detail, but clients will need to give a minimum of 48 hours' notice to cancel a therapy session to avoid incurring any charges. Met Office weather warnings will be adhered to, and outside sessions will not take place in thunderstorms or where there is a risk of lightening.

WHAT IS YOUR AVAILABILITY?

We are currently able to offer sessions on weekday evenings and on a Saturday.

WHAT IS THERAPY?

The aim of therapy is to provide a safe and nonjudgemental space for individuals to discuss, reflect, and learn about any concerns they may have with their mental health. Therapy can help individuals to gain a better understanding of themselves, their emotions, and their behaviours. Psychological therapy will look different to everyone. It may be short-term or long-term and will always be tailored to meet the individual's needs.

Therapy can also be preventative and offer a space for people to learn how they can boost and proactively manage their psychological wellbeing.

At Psychological Edge, we offer therapy on the golf course and walk and talk therapy sessions.

WHAT TO EXPECT WHEN I ENQUIRE?

Following an enquiry, you will be contacted by Dr Matthew Ryan to arrange a free initial 10-minute consultation over the phone. This is an opportunity for you to explore if we are the right service for you, and to think about the next steps forward. If we feel that we can offer you the right kind of psychological support, then we will arrange an online appointment to complete an assessment. The aim of this appointment is to gather information about your symptoms, and to discuss which kind of therapy you would like to pursue.

We may feel that we are not the right service for you at this time, and will be happy to direct you towards a more suitable service.

WHAT ABOUT CONFIDENTIALITY?

Confidentiality is an important part of therapy, and we want you to feel safe and secure to openly discuss your mental health. As we are offering therapy in outside settings (driving range, putting green, around parks), there is a greater risk of us being in environments that may be more difficult to maintain complete confidentiality. Every effort will be made to maintain confidentiality when outside.

Sometimes we may need to disclose information. Information would only be disclosed to third parties when we have explicit consent in writing from the individual, where we feel there is a risk to the individuals safety or the safety of others, or where a disclosure is required by law. This will all be explained in more detail before we start our work together.

In addition, Clinical Psychologists are required to have their own professional supervision to ensure they are providing the best possible care to their clients. In this case, any information that is shared would be anonymised, and only necessary information would be shared.

CONSIDERATIONS AROUND RISK

At Psychological Edge, we believe it is crucial that we can offer good quality, safe and effective care. Following our initial consultation and assessment, we may feel that we are unable to safely and effectively meet your clinical needs. This will be communicated to you following the appointment.

As a private mental health practice, we are not able to offer our services for situations that involve a high level of clinical risk, which may include situations where there is a high level of risk to yourself or to others.

We are also unable to offer any emergency appointments for individuals in a crisis. Please see below a list of crisis contact details:

NHS 111 service

- Call 111 and select the mental health option

Samaritans

“Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year”.

- 116 123
- <https://www.samaritans.org>

Sane

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

- **0300 304 7000 (4pm-10pm)**
- <https://www.sane.org.uk/how-we-help/emotional-support/saneline-services>

Shout (Text)

- Text 'SHOUT' to 85258 (24/7)
- <https://giveusashout.org>

CALM

- <https://www.thecalmzone.net>

If you are in a life threatening situation or cannot keep yourself safe: Go to your local A&E and if you cannot get there safely, call 999.