

What does a Clinical Psychologist do?

Are you interested in finding out about a career in psychology?

For more information please contact Shona Lowes:

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www.equilibria-psychology.com

I am a Clinical Psychologist experienced in work with children, teenagers and families.

Many students contact me requesting opportunities for work experience or to observe and find out more about the role of a Clinical Psychologist. Unfortunately because of the nature of the work and issues of confidentiality, I am unable to offer this type of experience. I do however feel that it is important for students to find opportunities to better understand their career options.

I offer a short course consisting of three sessions, each lasting two hours where I allow students to learn more about assessment and therapy. I use case studies to give an understanding of how Psychological theories are applied to help children and young people manage difficulties with emotions, behaviour or learning.

Session 1

Assessment of cognitive functioning

We will take a look at some assessment tools that I typically use to assess children's intellectual strengths and difficulties and some examples of completed assessments. What information does this give us and how can this be used to help the child develop the necessary skills to overcome their difficulties?

Session 2

Assessment of emotional or behavioural functioning

We will look at some different ways of assessing and understanding behaviour and through case examples, how we work with the child, parents and teachers to help the child overcome any behavioural difficulties.

We will take a look at some different questionnaires for anxiety, depression, self esteem and discuss how these can be used in Clinical work.

Session 3

Cognitive behaviour therapy

We will look at how behavioural and cognitive theories are applied in a Clinical setting to help children and young people overcome difficulties with anxiety. We will also look at some specific anxiety management strategies.

At the end of the course each student will receive a certificate of attendance.



Attendance on this course will help you to demonstrate your interest in a career in psychology, which you will be able to include in your personal statement for university applications.

This course is most suited to students in the last two years of school.

Venue:

Body with Soul clinic, 44, Rochester Park, in the green room

On a Monday or Tuesday evening (will vary for each course)

Time: 6-8pm

The course will run with a minimum of 6 people and a maximum of 12

The cost for all three sessions is s\$275 per person

The next course will be in September 2010, exact dates to be confirmed

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