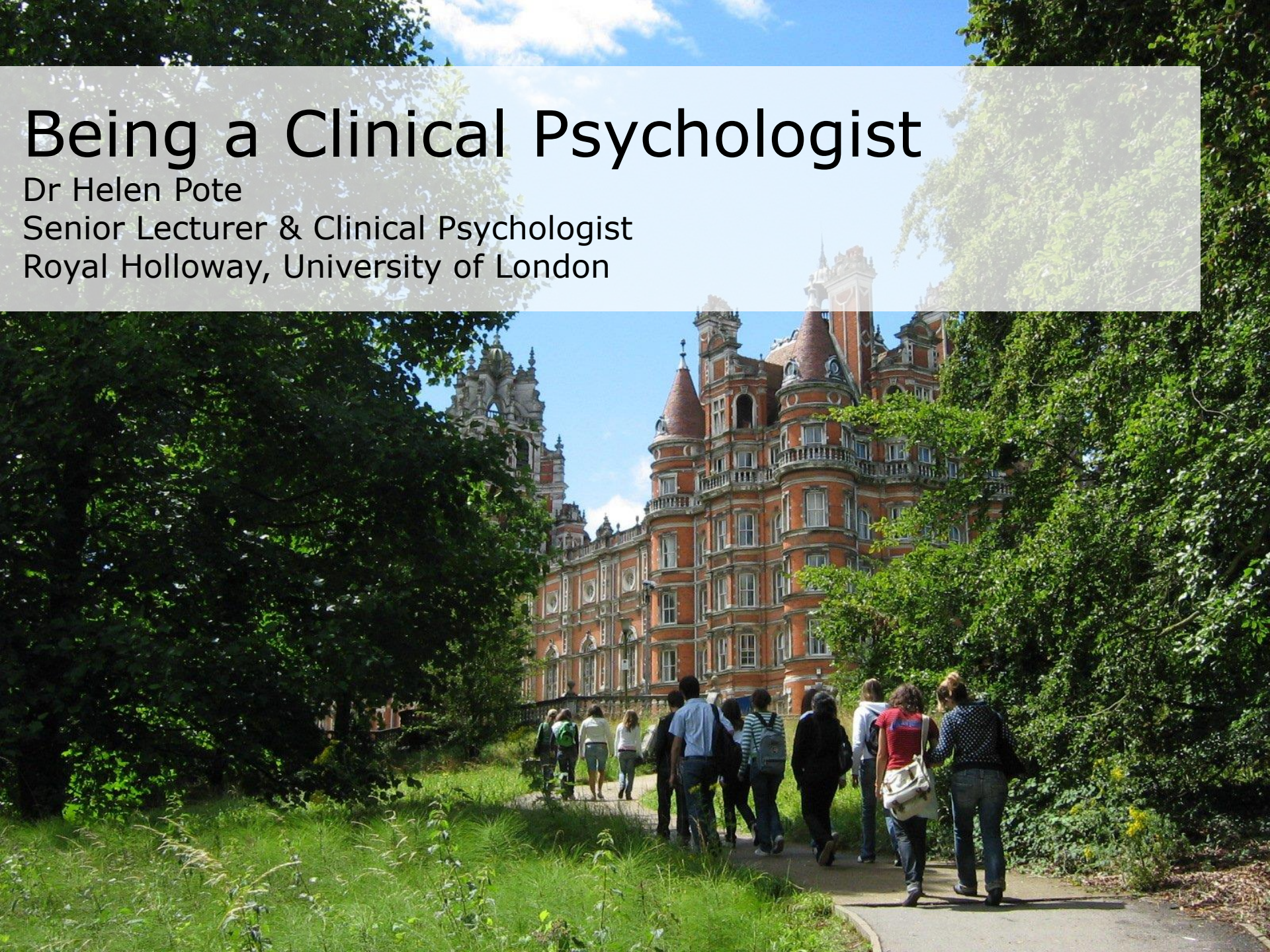


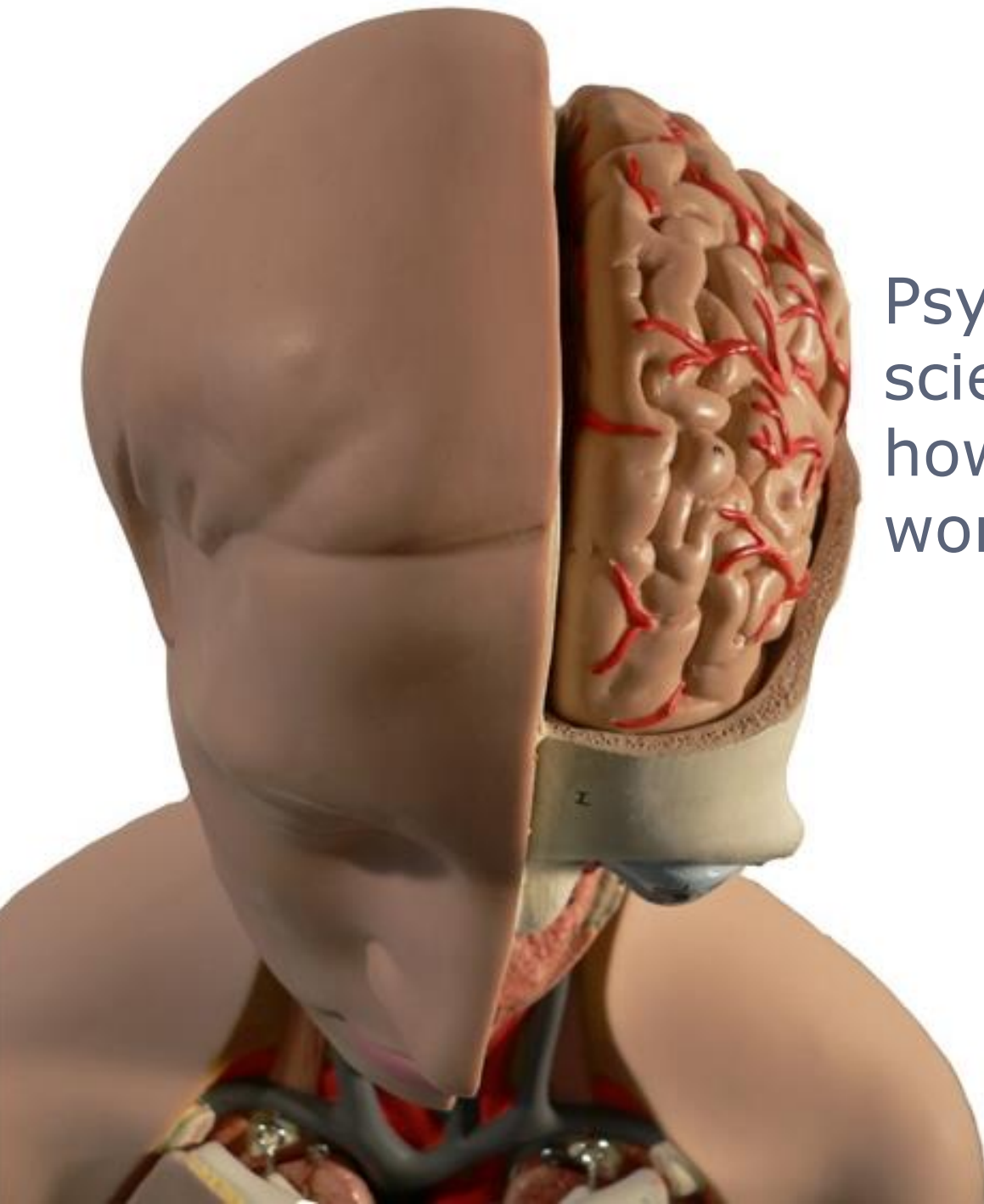
# Being a Clinical Psychologist

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Psychology is the scientific study of the how the human mind works



# Clinical Psychologists

Apply this scientific knowledge about how people **think**, **feel** and **behave** to help people who are having problems



# What problems can Clinical Psychologists help with?



# Where do Psychologists work?

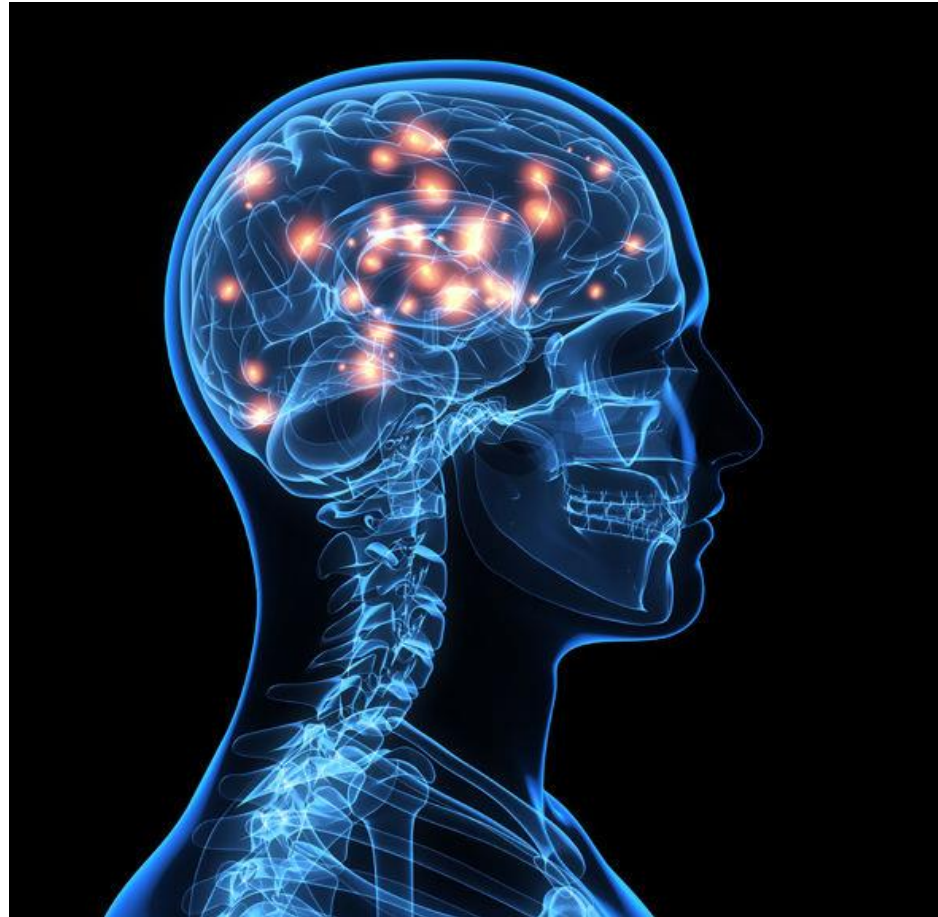


It takes 6 years at University to become a  
Clinical Psychologist



Psychology students at RHUL

# Our brains are amazing things



# Psychologists do experiments with people and brains



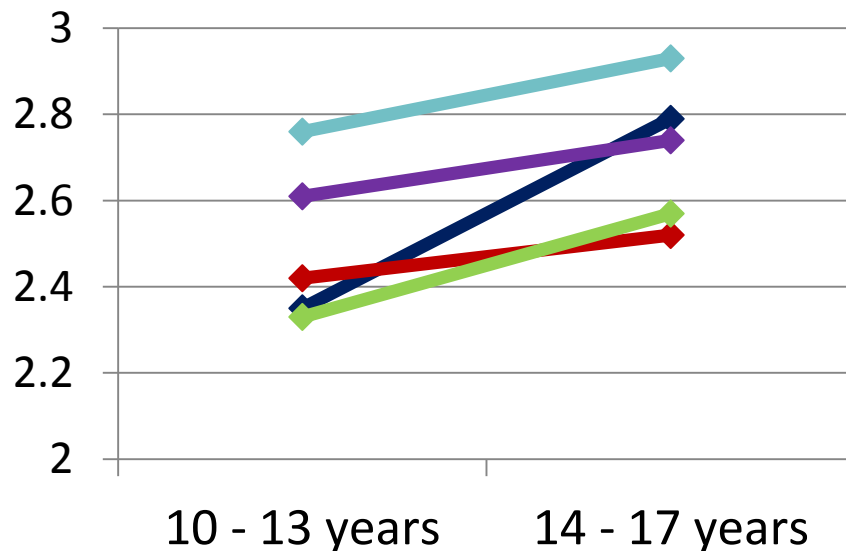


# My experiment about teenagers' thoughts and feelings

	Not True	Somewhat True	Certainly True
I try to be nice to other people. I care about their feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am nervous, I cannot stay still for long.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I get a lot of headaches, stomach-aches or sickness.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I usually share with others (food, games, pens etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I get very angry and often lose my temper.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am usually on my own. I generally play alone or keep to myself.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I usually do as I am told.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I worry a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am helpful if someone is hurt, upset or feeling ill.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am constantly fidgeting or squirming.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have one good friend or more.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I fight a lot. I can make other people do what I want.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am often unhappy, down-hearted or tearful.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Other people my age generally like me.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I am easily distracted, I find it difficult to concentrate.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am nervous in new situations. I easily lose confidence.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am kind to younger children.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am often accused of lying or cheating.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other children or young people pick on me or bully me.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often volunteer to help others (parents, teachers, children).	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I think before I do things.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I take things that are not mine from home, school or elsewhere.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get on better with adults than with people my own age.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have many fears, I am easily scared.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I finish the work I'm doing. My attention is good.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



CNCEQ-R biases

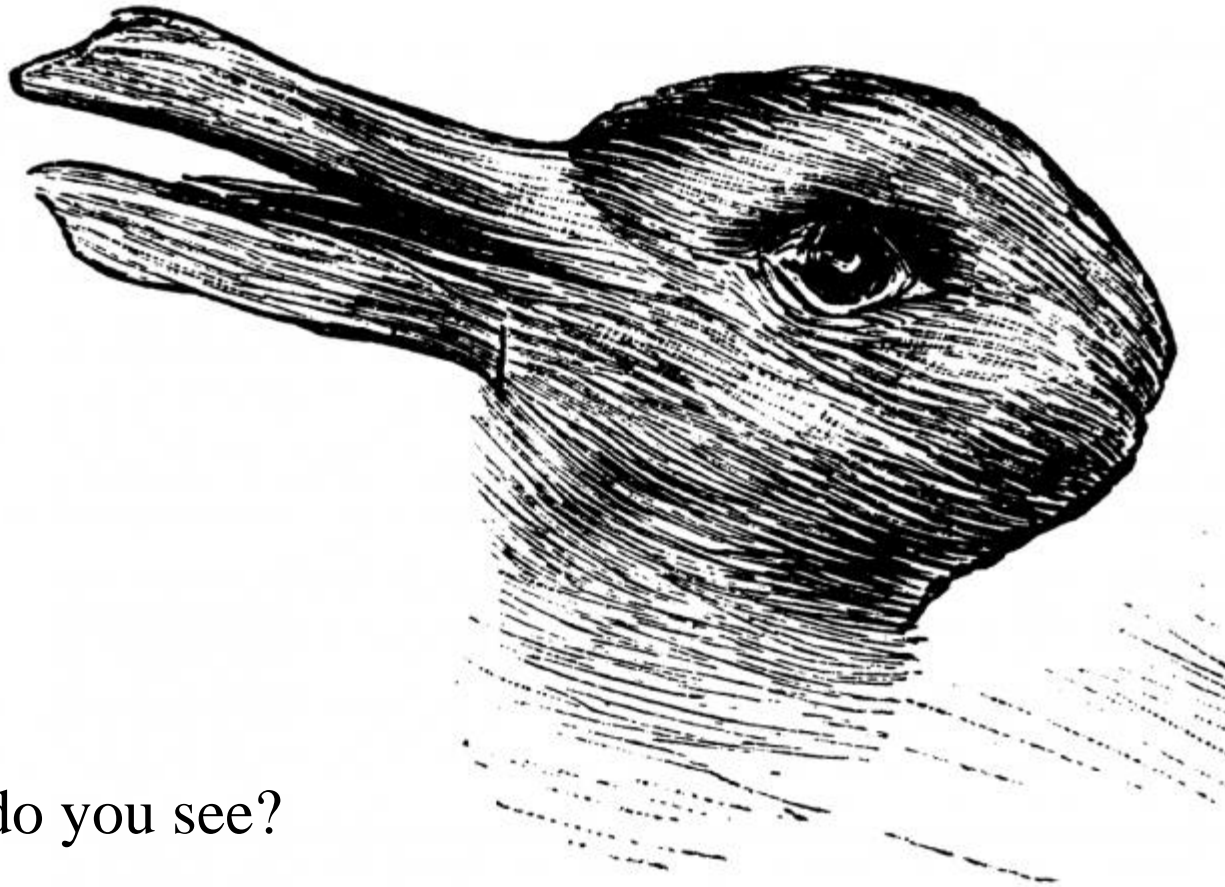


◆ Overgeneralising

◆ Selective abstraction

◆ Mind reading

$p < .001$



What do you see?

We all know how to look after **physical health...**  
and our teachers help us with that



...looking after our brains and our mental health  
is just as important.

# Looking after our mental health



Mental health is about our **feelings**, our **thinking**, our **emotions** and our **moods**.

We all have feelings that come and go.  
These are **small feelings**.



What feelings can  
you see here?

**Big feelings** are feelings that go on and on and stop us doing the things we want to.

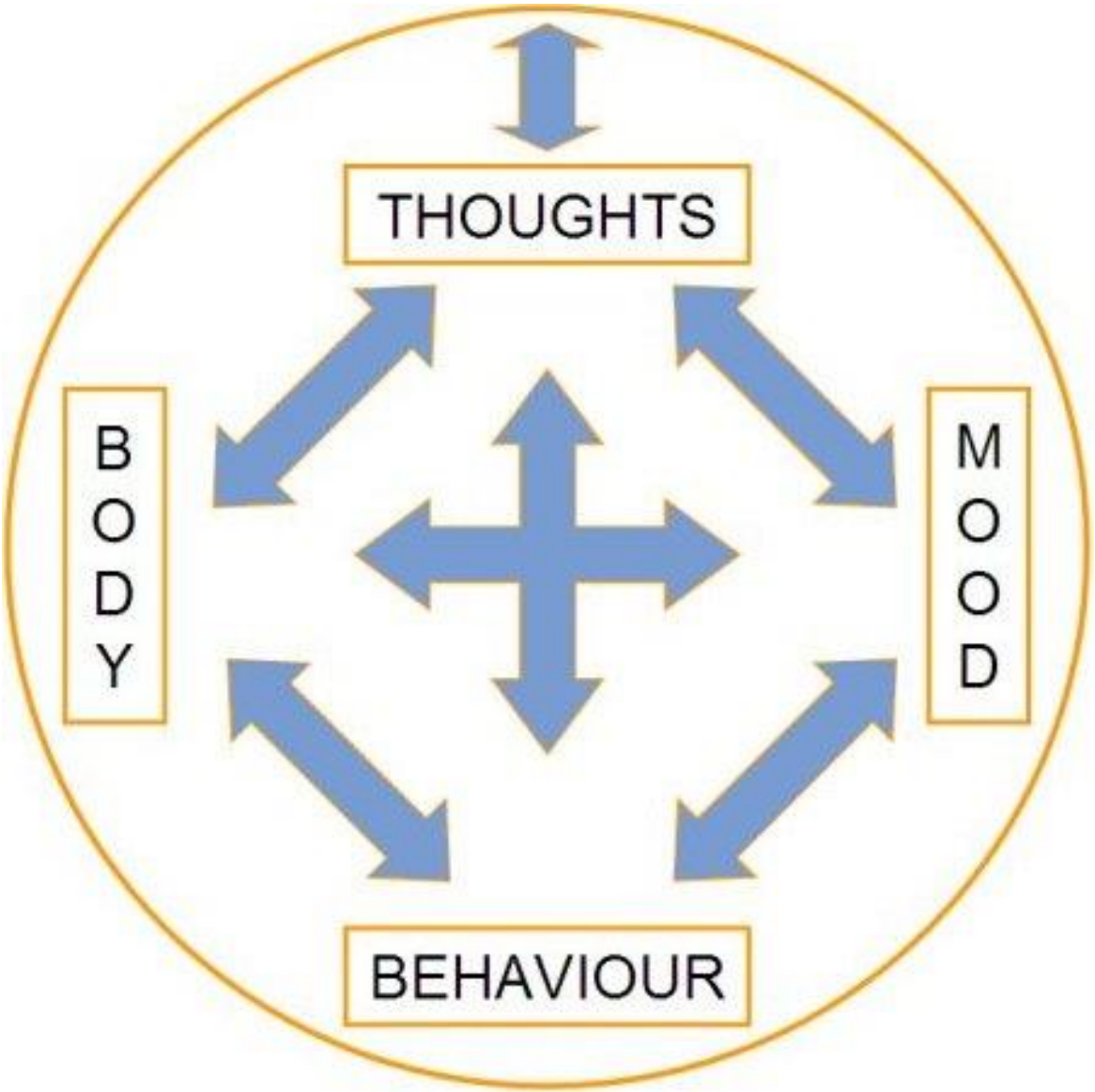


Zoella talks about her anxiety on Youtube



They can affect our **mental health** and that is when you might need help from a psychologist.







# Think



# Feel



# Do



# Think



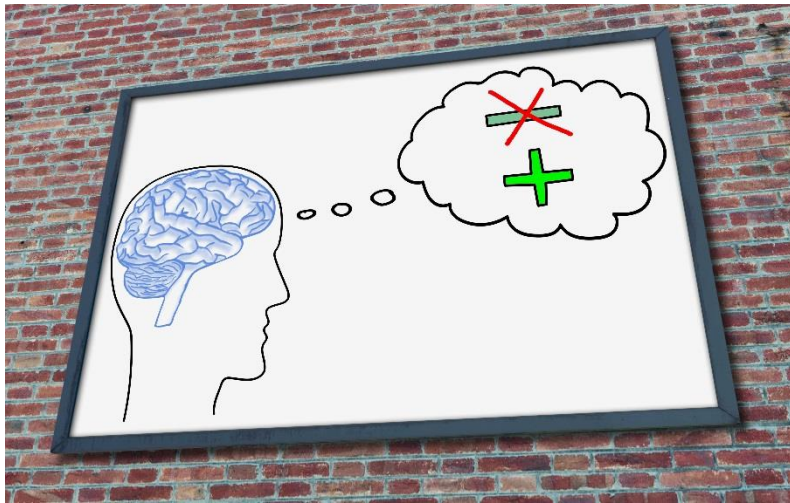
# Feel



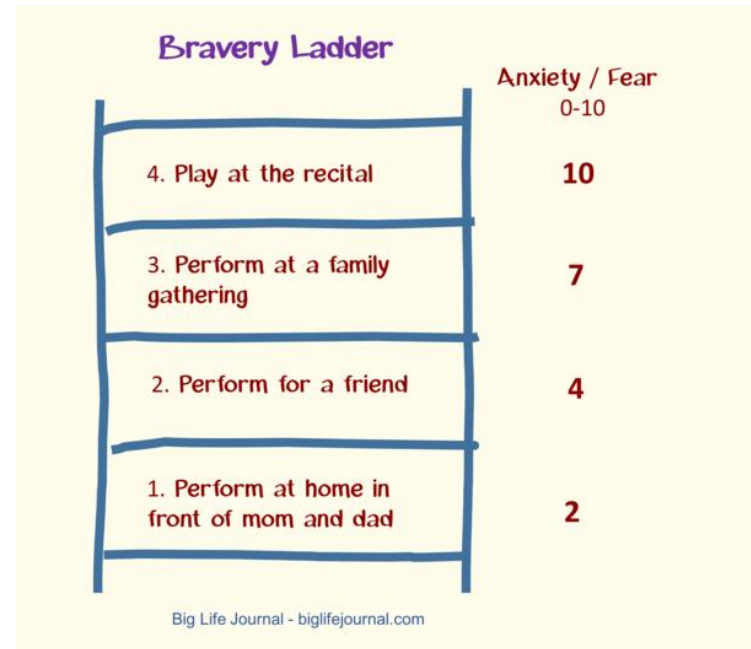
# Do



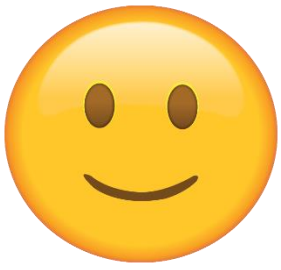
# Psychologists encourage helpful thoughts and setting goals



Notice your thoughts  
Challenge negative thoughts  
Look for the evidence  
Try out positive thoughts



Have goals about the things that are hard or scary  
Take small steps to achieve these



# SMILERS

## 7 steps to wellbeing

**Socialise:** Get together with others

**Move:** Be active

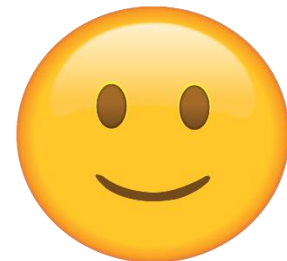
**Interest:** Have a hobby, do something creative

**Look:** Take notice of the world around you

**Eat well:** Eat a balanced diet

**Rest:** Relax, sleep well

**Support:** Give help to others



Ψ

**KEEP  
CALM  
I'M A  
CLINICAL  
PSYCHOLOGIST**