Being a Clinical Psychologist
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Psychology is the scientific study of the how the human mind works.
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?

MOST COMMON PSYCHOLOGICAL DISORDERS

- Depression
- Phobia
- Stress
- Insomnia
- Eating Disorder
- Anxiety
Where do Psychologists work?
It takes 6 years at University to become a Clinical Psychologist
Our brains are amazing things
Psychologists do experiments with people and brains.
My experiment about teenagers’ thoughts and feelings

Helpful and Unhelpful Thoughts

<table>
<thead>
<tr>
<th>CNCEQ-R Biases</th>
<th>10 - 13 years</th>
<th>14 - 17 years</th>
</tr>
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<tbody>
<tr>
<td>Overgeneralising</td>
<td>2.2</td>
<td>2.8</td>
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<tr>
<td>Selective abstraction</td>
<td>2.4</td>
<td>2.6</td>
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<tr>
<td>Mind reading</td>
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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.
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.

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

Zoella talks about her anxiety on Youtube
Talking - Therapy
Think

Feel

The SATs are coming...

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

Thanks to annafreud.org for this slide
KEEP CALM
I'M A
CLINICAL
PSYCHOLOGIST