

PSYCHOLOGICAL ASSESSMENT AND TREATMENT

Frequently Asked Questions (FAQ's) 

What is Psychological Therapy?

Psychological therapies are talking therapies that provide a safe space to talk about your experiences and explore difficulties that are getting in the way of how you would like to feel, think, and act. This will help you to develop effective coping strategies and to make meaningful and positive change to help you improve your quality of life.



What Therapies/Treatments do You Offer?

We offer a range of psychological treatments including:

CBT (Cognitive Behaviour Therapy)
ACT (Acceptance and Commitment Therapy)
EMDR (Eye Movement Desensitisation Therapy)
MBCT (Mindfulness Based Cognitive Therapy)
Schema Therapy, Exposure Based Therapies and more.

Your psychologist will be happy to discuss treatment options with you and answer any questions you may have.

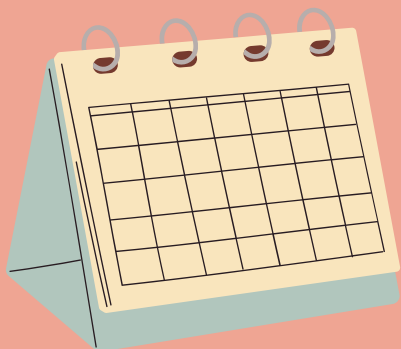
What Happens at a First Appointment?

The focus is on information gathering and making an initial plan for any next steps. You will have the chance to ask questions and the psychologist will ask you about what you are currently finding difficult, as well as what is going well for you. Sometimes, at the end of the first appointment you and the psychologist may agree that no further sessions are needed.



Alternatively you may both agree to work together to better manage some specific difficulties and/or to work towards some personal goals.

How Often Will I be Seen For Appointments?



You and your psychologist will discuss a treatment plan together. For example, we often see people weekly or fortnightly, but can be more flexible when appropriate.

How Many Appointments Will I Need?

Sometimes people may have only one appointment and others will have between 2 and 24+ appointments. It is very variable, based on your needs and situation. Your psychologist will work with you to balance your needs at the time with the latest clinical guidance to help agree a plan for an approximate number of sessions. This remains flexible and can be changed as needed.

What if I Don't Think Psychological Therapy is For me?

Please just say if you are not sure whether psychological therapy is helpful for you and your psychologist will be happy to answer any questions and discuss a range of possible options with you.



Sometimes it isn't the right time to work on things with psychological therapy and you might find a different option works for you or that you may try psychological therapy again in the future if you wish to.

Is Electronic Information Secure?

Yes, any electronic information – e.g. a brief summary of a session is kept on a password-secured laptop.



Why is my Psychologist Writing Things Down?



Your psychologist will take some written notes at each appointment as a record. These written notes are stored securely in a locked filing cabinet within a locked office and only your psychologist has access. You can ask your psychologist questions about the notes if you would like to find out more.

Will my Psychologist Talk to my GP?

Usually information will not be shared with your GP unless you would like us to contact them. Your psychologist will explain that confidential information about you and your treatment is not usually shared with other people. Your psychologist will discuss with you the rare times that information may need to be shared with another professional in the unusual event of an emergency.

Will my Employer Know I am Having Psychological Therapy?

Your employer would not be informed that you are having psychological therapy with us. The only time an employer might know that you were having treatment would be if it is funded by an insurance policy through your employment. When this happens, no information is routinely passed to your employer about your treatment with us. Rarely, some specific information may be shared but only after discussion with you and with your agreement that it would be helpful. Please ask your psychologist if you have any questions about this.

How Much Will it Cost and How do I Pay?

For self-funding clients the fee is £110 based on a 55-minute appointment. If your treatment is being funded by an employer, solicitor, insurance company or another organisation, the financial liability is with them and they can contact us directly to discuss the fee.



When an appointment is booked you will be emailed details on how to make payment, usually by bank transfer.

All clients (including those funded by a third party) are responsible for payment of a late cancellation when there is less than 24 hours notice given.

What if I am in Crisis and I Need Help Right Now?

We are not able to offer crisis services. If you need help straight away please contact your GP, NHS24 or a Crisis Line. Please see the Advice page of our website for more information and links.

I Still Have More Questions, What do I do?

That's completely fine. Please contact us through email: info@aberdeenshirecp.com or on 07469 251 449 or contact your psychologist directly to ask. We are very happy to discuss any questions with you. There are no silly questions – it is fine to ask!

