

Getting the most out of therapy



Sometimes talking about your feelings can be hard work.

You may feel worse before you start to feel better.



If you are finding things too difficult then please speak to your psychologist and we can work together to find a way forward.

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Meeting a Psychologist



NHS Forth Valley Psychological Therapies Service

<https://nhsforthvalley.com/health-services/az-of-services/adult-clinical-psychology/>

For self-help resources , please visit:

www.moodcafe.co.uk

<https://www.selfhelpguides.ntw.nhs.uk/forthvalley/>

What does a psychologist do?

A psychologist can do different things.



A psychologist can do puzzles with you and ask questions to find out how you learn and remember.



A Psychologist can talk with you about :

- What you think



- How you feel



- What you do

Getting the most out of therapy



Try and come to all of your appointments because this will help you reach your goals.



Sometimes you might not be able to come to your appointment.

This is okay. Please phone or get your staff to phone and let us know as soon as possible.



If you miss more than 2 appointments then we might not be able to see you again.

Getting the most out of therapy



A few things that will help you get the best out of therapy:

- Attending all of the appointments
- Wanting to learn more about yourself
- Wanting to learn more about how change may happen
- Working together with the psychologist
- Letting me know if there is anything you do not understand
- Letting me know if you feel I am going too fast or too slow



Who will a psychologist meet?



A psychologist can meet with you.



A psychologist can meet with people who support you or work with you.



A Psychologist can meet with your family.



You can tell the Psychologist if there is anyone you do not want them to meet with.

What will happen at my appointment?



You will meet the psychologist in a private room.



The psychologist will talk to you.



The psychologist will write things down. You will help the psychologist to make a plan.

Getting the most out of therapy



We know talking therapy is helpful to most people.



We want to help you get better and reach you goals.



When we are told that you want to see us, we will try and see you as soon as possible BUT sometimes there might be a little wait.