

# RACC Psychology Service

## *What is a Psychologist?*

A psychologist is 'a professional trained in the science of how people think, feel, behave and learn' (Australian Psychological Society, 2018). Psychologists with clinical training are able to provide a range of therapies, techniques, and strategies which have been shown, through research, to be helpful in addressing a number of issues. These issues may include:

- anxiety symptoms (e.g. panic attacks, fear of falling)
- symptoms of depression
- difficulties with aggressive behaviour
- problems maintaining or initiating sleep
- ongoing or chronic pain

If untreated, such difficulties can affect your ability to benefit from or take part in in your everyday life.

## *What does seeing a psychologist through RACC involve?*

Our service offers appointments with psychologists who are trained in clinical psychology. These appointments usually start with an initial interview, followed by therapy sessions to help with specific difficulties.

### **Initial interview** (Psychology Assessment)

The first appointment with a psychologist is usually to gather background information, such as medical, social, educational, occupational, and psychological history. This helps both you and the psychologist to identify current and past difficulties. It will also help the psychologist to develop a treatment plan just for you. At the initial appointment the psychologist may ask you to complete a simple questionnaire or list of questions. This will help identify symptoms you may be experiencing (e.g. anxiety, depression).

## Treatment

People typically have 6 face-to-face consultations with a psychologist. The aim of these appointments will be to:

- identify the current difficulties you would like to see improved. These are known as the goals of intervention
- create a plan to meet your needs
- and/or to assist you to understand the issues that you are facing in your life

## *How long is the assessment and treatment?*

The length and number of sessions for initial appointment and treatment will depend upon your situation. Usually an assessment takes 1–2 sessions followed by 5 therapy sessions, if needed. Sessions typically run for 50 minutes. The 6<sup>th</sup> session will review your original goals and the progress that you have made. This session will also focus on identifying a plan for the future.

If you have any questions please contact RACC Psychology and Counselling on (02) 6244 2772.

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