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# Tŷ Lafant

## Assessment and Treatment Unit

## Clinical Psychology Service

# Hello

My name is Dr Bronwen Davies



I am a Clinical Psychologist working at Tŷ Lafant, Assessment and Treatment Unit.

# What do we do?

A Clinical Psychologist can help with problems with:

- Thoughts like your worries



- Feelings like sadness



- Behaviour like shouting



- Relationships and getting on with people



A Clinical Psychologist might talk to you if...



... you feel angry



...you feel sad



...you feel anxious or frightened



...you feel stressed



...you need help with your confidence

# How do we work?

Clinical Psychologists can work with:

- You



- Your family



- The staff that support you and other professionals



A Psychologist will not give you medication



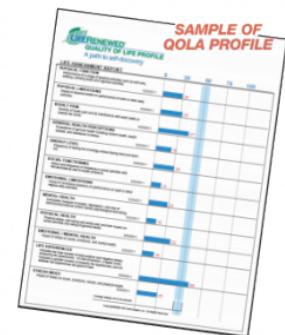


A Psychologist can work with you by:

- Talking to you, your family, or the staff that support you



- Doing assessments that may help us to understand you better



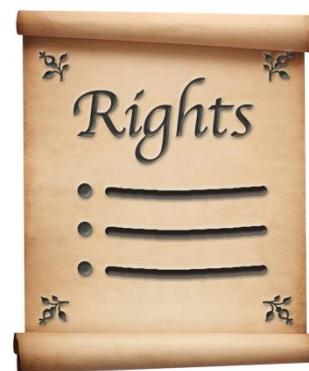
- Teaching staff about ways they can support you



- Inviting you to groups with other people who may have the same problems as you.



- Clinical Psychologists always respect your rights and choices



- What you tell us is important



- Sessions are private. We will keep what you tell us confidential



- Sometimes we will have to tell other people about things you have said. We will always talk with about this first

