

Clinical Psychology Services



The
British
Psychological
Society

Chartered Psychologist



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Practitioner Psychologist with the Health & Care Professions Council
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Psychology Services from VP Forensic Ltd.



VP Forensic Ltd. is an established and regulated healthcare organisation. By choosing our services you are assured a friendly, professional and ethical service.

Expertise

Dr Shelley Parkin's Chartered status confirms recognition of the highest psychological knowledge and expertise. An expert in working to best practice guidance, she has many years' experience of working with vulnerable people.

We provide support with:

- Developing/regaining skills
- Anxiety
- Depression & self-esteem
- Relationships
- Physical health & disability
- Post-traumatic stress
- Anger management
- Behavioural difficulties
- Carer distress
- Grief & loss
- Cognitive difficulties
- Physical & sexual abuse
- Eating disorders

Our clients:

- People & families across the lifespan
- Complex needs, including forensic
- Acquired brain injury
- Mental health difficulties
- Physical disability
- Progressive neurological illnesses
- Lifelong neurological conditions
- Learning disability
- Autistic spectrum disorders
- General public wanting non-NHS services

Model of psychology service provision

Assessment

Assessment may include:

- Clinical interview
- Psychometric tools
- Observations
- Family, work & team

Formulation

Shared understanding of needs. Utilising theory from:

- cognitive-behavioural
- biological/neurological
- systemic
- attachment
- narrative

Training/teaching

Increasing understanding & skills. Teaching can be given on subjects including:

- Awareness e.g. acquired brain injury, learning disability, mental health
- CBT principles
- Mental Capacity Act
- Client specific

Intervention

Approach depends upon the needs & ability of the client. Influence is drawn from therapeutic approaches including:

- cognitive-behavioural (& schema)
- dialectical behaviour therapy
- cognitive analytic therapy
- compassionate mind/mindfulness
- narrative therapy
- solution focused therapy
- Systemic therapy
- psychodynamic theory

Consultancy & staff supervision

Helping teams, services & families understand an individual's needs & develop skills to support them effectively

Evaluation

Ongoing monitoring of interventions & outcomes based on what the individual, family or service believe would be a good outcome

The Cost of Care

Competitive rates are guaranteed

Psychology decision making tool

