

Nottingham CBT & Psychology Services

vp complex care



The
British
Psychological
Society

Chartered Psychologist



www.hcpc-uk.org



Dr Shelley Parkin, BSc (Hons), MSc, DClinPsy, CPsychol, AFBPsS

Practitioner Psychologist with the Health & Care Professions Council
Chartered Clinical Psychologist with the British Psychological Society

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Who we are and who we support



Nottingham CBT & Psychology Services is part of VP Complex Care, 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:

- Anxiety disorders
- Depression & self-esteem
- Relationships
- Physical health & disability
- Trauma & post-traumatic stress
- Anger management
- Eating disorders
- Behavioural difficulties
- Psychosis
- Carer distress
- Grief & loss
- Cognitive difficulties
- Developing/regaining skills
- Parenting

Our clients:

- Adults, children & families
- General public wanting non-NHS services

We also help those with difficulties arising from:

- Acquired brain injury
- Physical disability
- Lifelong and progressive neurological conditions
- Learning disability
- Autistic spectrum disorders

Model of psychology service provision

Assessment

Assessment may include:

- Clinical interview
- Psychometric tools
- Observations
- Family & work where necessary

Formulation

Comprehensive and shared understanding of needs.

Developed collaboratively between client and psychologist.

Evaluation

Ongoing monitoring of interventions & outcomes based on what the individual and/or family believe would be a good outcome.

Intervention

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

- Schema therapy
- Cognitive behavioural therapy
- Dialectical behaviour therapy
- Compassionate mind/mindfulness
- Narrative therapy
- Solution focused therapy
- Systemic therapy
- Psychodynamic theory

Consultancy

Sometimes families do not need or want traditional therapeutic intervention and simply want to understand a loved one's needs & develop skills to support them effectively.

Teaching & Staff Supervision

Provided for colleagues working in environments including Health & Social Care and education.

We can meet at our company premises or at a health centre.

If you are unsure whether we can help you and your family, please contact Dr Shelley Parkin for a friendly discussion about your needs.



Nottingham CBT & Psychology Services

VP Forensic Ltd.:

Nationwide providers of specialist care and rehabilitation

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