



Pearson

Top Tips for Clinical Psychologists

Supporting clients' mental health and wellbeing issues

COVID-19 has impacted the mental health and wellbeing of hundreds of thousands of adults across the country. With the impact of restrictions and uncertain futures facing so many, how can you best support your clients?

Chartered Clinical Psychologist, Dr Reena Vohora, shares five top tips on how you can improve your clients' mental health and wellbeing.

1. ***Prioritise your own wellbeing.***

As psychologists, we know that supporting mental wellbeing is crucial. Yet this is not always at the forefront of our minds when it comes to looking after ourselves. While the pandemic brought us many challenges, it also provided us with an opportunity to reflect. Are there any changes in your routine that you would like to take forward? Make plans to include activities that nourish you. After all, it is what you would suggest for your clients!





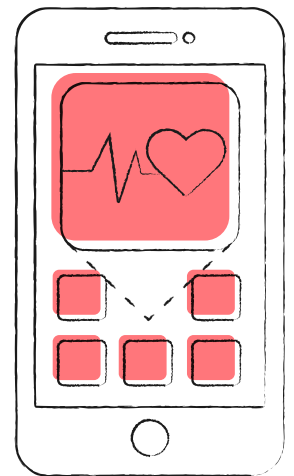
2. Assess mental health difficulties with efficiency. While it is important never to rush a diagnosis, it is also imperative to appropriately assess the psychological support a client needs in a timely manner.

There are now a range of digital screening measures available on platforms such as [Q-interactive](#) and [Q-global](#) that can help, including commonly used tools such as the Beck Anxiety Inventory, the Symptom Checklist-90-Revised and the MPI-3. By incorporating assessments like these into your daily practice, you may significantly streamline your workload.

3. Encourage home-based foundations for wellbeing.

Throughout the pandemic, my patients have found support for their wellbeing via a range of apps such as Calm, Headspace and Sleepio. As a result, I now consider how such apps can supplement my sessions. It is important for us to offer holistic strategies relating to general health.

Explore the range of services that are available. You may wish to create a database of appropriate apps or support options for your clients.



4. Consider the importance of inclusion.

In both the NHS and private sector, we often hear that particular groups are 'hard to reach'. However, the pandemic has fostered new ways to give support, whether preventatively, digitally, after-hours' or through recorded material... the list goes on.

Could pre-recorded talks and social media Q&As give you a wider reach than a focus on 1:1s alone? And how can you adapt your approach for individuals with accessibility issues? I delivered Q&A and 'live' talks via Instagram during the pandemic which have since been requested by a range of mental health charities and organisations.

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5. **Embrace the benefits of remote working.** While it's important to acknowledge that face-to-face input may be the modality of choice in many scenarios, having the option of blended therapy approaches, or remote sessions, may be preferable for clients - and for us! Modern technology can connect us with vast networks of colleagues, across a range of disciplines via Telepractice sessions. We can surely all go further when we're connected.

Dr Reena Vohora

Clinical Psychologist



Dr Reena Vohora began working in the NHS in 2005, and specialises in work with adults on managing emotional wellbeing, difficulties relating to food and body image and with older adults who have cognitive and/or neurological impairment. Reena is also a tutor on a doctoral clinical psychology course and co-chair of the Oxford Health NHS Foundation Trust Race Equality Network.

For more information, visit www.doctorreena.com

'Mental Health Top Tips for Clinical Psychologists' has been created by Dr Reena Vohora for Pearson Clinical, 2021.

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