

Clinical Psychology

Dr Steph Fryer

HCPC registered Clinical Psychologist

Psychodynamic Psychotherapist

BPC accredited DIT Therapist

BSc MA Clin Psy D

Clinical Psychologists are trained to work with people experiencing a broad range of difficulties, for example:

- low mood or depression
- anxiety, for example panic attacks, social anxiety, phobias or OCD
- difficulties in relationships
- loss/bereavement
- low self-esteem
- lack of confidence
- eating issues.

Clinical Psychologists tend to draw on their experience of and training in a range of therapies in their clinical work; they are highly skilled practitioners who have trained to doctoral level over a period of at least three years.

Clinical Psychology training involves developing skills and experience in a range of 'talking therapies', for example Cognitive Behavioural Therapy, Psychodynamic Therapy and Systemic Therapy. For people seeking help, the range of psychological therapies available can often feel confusing and daunting. The broad nature of Clinical Psychology training gives Clinical Psychologists unique skills in gauging which psychological therapy is likely to be helpful to people. There is an emphasis with the training of Clinical Psychologists on providing evidence based therapies and those that have been endorsed by NICE (National Institute of Clinical Evidence). Clinical Psychologists tend to offer an initial session/sessions to think carefully with people about which form of talking therapy is likely to be helpful for them.

Steph Fryer is a highly experienced HCPC registered Clinical Psychologist, Psychodynamic Psychotherapist and BPS accredited DIT (Dynamic Interpersonal Therapist). She has worked in the NHS for over 25 years with adults presenting with mental health problems. She has held a Consultant Clinical Psychologist post in the NHS over the last decade. Steph has worked in private practice for the past 10 years. In her work as a Clinical Psychologist, she has experienced the power and potential of psychological therapy to assist people in making profound changes in their lives and relationships.

If you would like to find out more about psychological therapy or book an appointment with Steph please contact her via reception at **The Natural Healthcare Centre** on **01283 516444**.