



PROFESSION SPECIFIC SKILLS – CLINICAL PSYCHOLOGIST

Purpose

Substance use problems presented at this service are characteristically interwoven with a range of other difficulties. Clinical Psychologists have advanced training in cognitive behavioural, developmental, interpersonal and other theory that is central to thorough formulation and effective treatment planning in the alcohol and drug area.

Services provided by psychologists include:

- Assessment and diagnosis
- Counselling including relapse prevention education and planning
- Crisis intervention
- Psychological testing and evaluation
- Psychotherapy, including family therapy, for clients with dual diagnoses and with complicated psychiatric conditions
- Skills training including vocational skills, parenting skills, life skills
- Supervision and training
- Consultation about behavioural therapy strategies
- Research and development
- Comprehensive knowledge and understanding of theories of addiction and substance use.
- The use of diagnostic systems such as the DSM-IV.

Specific Assessments

Psychological training focuses on the “formulation” of clients presenting problems in a theoretical and multi-determinant fashion. This allows for a more sophisticated understanding of these problems which better informs management planning.

Psychologists at ROADS are also available for consultation on - diagnostic clarification, risk assessment, management planning and psychometric assessments covering such areas as neuropsychological impairment and personality.

Specific Treatments

Treatment is delivered in an individualised fashion such that a combination of a range of techniques may be used as dictated by the formulation of the clients presenting problem. As assessment is an ongoing process, the nature of this intervention may change as the formulation alters. Specific techniques in which psychologists have training are cognitive restructuring, behavioural, relapse prevention, motivational enhancement, interpersonal therapy and psychoeducation. Psychological treatments may be delivered individually, or in groups, as well as in the context of couple and/or family therapy.