

Some Definitions

Clinical psychologists - trained to assess psychopathology, personality, affective and developmental disorders, thus supporting the psychiatrist to come to a more holistic diagnosis.

Counselling psychologists - offer support for psychological issues arising from daily pathology which may give rise to affective disorders including depression.

Health psychologists - deal with psychological issues arising from physical conditions. Offering interventions to persons suffering from various forms of disorders while supporting the client's significant others.

Psychologists deal with situations ranging from everyday problems that can affect anyone to more serious conditions requiring also the intervention of the psychiatrist.

A psychiatrist - a trained medical specialist who can prescribe medication to alleviate the emotional and cognitive suffering brought about by the conditions described above.

For further information contact:

Psychological Services in Mater Dei

Psychology Department 25456900/1

Psychological Services - Children & Adolescents and Oncology (Sir Anthony Mamo):

Child and Adolescent Mental Health Services 25951800

Child Development Assessment Unit 25951791

Youth Residence 21415183

Sir Anthony Mamo Oncology Centre 25452305

Psychological Services in Mental Health Services & Community:

Mount Carmel Hospital 23304313

- Rehabilitation Hospital
- Karin Grech
- Community Services
- MDH Psychiatric Unit &
- Outpatients
- Crisis Intervention Team
- Referrals
- Referrals from GP's
- Befriending Services

Tal- Ibragg (Gozo Psychiatric Unit & Outpatients) 21561600



Psychology Services



What is Psychology?

Psychology focuses on the way people think, act, react and interact. It is concerned with all aspects of behaviour, thoughts, feelings and motivation underlying them (NHS, 2015).



What kind of interventions do we offer?

- Psychological Interventions at individual, couple, group and family level
- Assessments
- Staff support
- Interventions involving the family or significant others
- Other forms of interventions

What is the Psychologist's role?

The psychologist's role is to help the individual tap into their existing strengths and resources, empowering them to make positive changes in their life and help them find the strength to deal with the challenges they are facing. The psychologist, where necessary, will also liaise and collaborate with other professionals, and multi disciplinary teams, agencies and NGOs in order to provide the best care for the clients.



What aspects do Psychologists deal with?

Our services cater for different psychological individual needs, depending on the client's specific difficulty and life's circumstances. Some of which are mentioned below:

- Stress and anxiety
- Experiencing depressive thoughts
- Feelings of helplessness or hopelessness
- Challenging behavior
- Cognitive Functioning
- Developmental Disabilities
- Psychological preparation for treatment or surgery
- Adjusting to change
- Trauma
- Terminal illness
- Adherence to medication or treatment
- Mental health disorders
- Chronic pain
- Relational problems
- Addictions
- Obsessive thoughts
- Rehabilitation
- Amongst others