

PSYCHOLOGY



PSYCHOLOGY

is a key service provided by HHG across Australia and the UK.



Psychologists are registered with **AHPRA**, our national professional body.

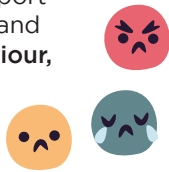
Humanity Health Group has

133

psychologists working nationally.



Psychologists support people to understand and explain **behaviour, thoughts, feelings** and **emotions**.



Emotions, thoughts and feelings help guide us **to make decisions** about how to operate in the world.



Emotions and experiences **motivate our behaviours**. While sadness motivates us to withdraw, happiness motivates us to take part and join in.



UNDERSTAND THE PERSON

Interviews and assessments

help us to understanding a client's wellbeing, current supports, cognitions, interpersonal skills and their current goals.



This information along with

observations helps us develop an individualised intervention plan based around the goals they want to achieve.



WHAT CAN PSYCHOLOGISTS DO FOR YOU?

Learn coping strategies for various situations



Build confidence and self-esteem



Build **therapeutic relationships** to promote engagement and choice



Build **social and interpersonal skills**



Develop and achieve **personal goals**



Challenge unhelpful thoughts