

# Seeing a psychologist at Te Whatu Ora Taranaki

**Te Whatu Ora**  
Health New Zealand

**If you've been referred to see a psychologist, here are some helpful points and suggestions:**

## **WE START WITH AN ASSESSMENT**

For the first 2-4 sessions, you will work with your psychologist to learn about your past and current challenges, how they came to be, and what is getting in the way of change. This shared understanding helps make decisions about what interventions may follow. These assessment meetings typically take place weekly or fortnightly, so please let us know if you are not able to attend at this frequency.

## **CONFIDENTIALITY**

Your conversations with the psychologist are confidential. The psychologist will only speak to other members of the team who are involved in your care to ensure we are all working together for the best outcome for you. Notes from psychology sessions are kept in your file, and if you want to know more about how information is stored, just ask us. As with any other health professional, if the psychologist is worried about your or someone else's wellbeing, they may have to break confidentiality and share those concerns with others to keep everyone safe. We will do our best to discuss such concerns with you beforehand.

## **CONSENT**

It is understandable and common to feel anxious when you first meet a psychologist to discuss your personal information. It is your choice whether to engage with your psychology assessment. If you have any concerns or

uncertainties it may be helpful to share those with the psychologist or with the staff member who referred you.

## **WE WORK TOGETHER**

Collaboration is key. The psychologist is the expert in psychology and how to carry out the assessment. You are the expert on you. We need the expertise of both to get ahead!

## **CHANGE**

Psychological input is often about a balance between acceptance and change: to help you understand yourself better, and to work together to identify challenges, develop resilience and skills, to make changes and move forward.

## **COMMUNICATION**

At the end of our assessment process the psychologist will write a letter summarizing the outcomes of the assessment and whether further input will be offered. You can read the letter before it is sent and give your feedback. Copies are usually sent to those involved in your care, including your GP, and others too if you wish, such as family or carers.

## **PRACTICALITIES**

Our sessions will last up to an hour. We expect you to be on time. If you need to cancel a session or re-arrange, please ring us on 06 753 6139. If you do not attend two sequential appointments without notifying us, we will discharge you from the psychology caseload.