A Clinical Psychologist can help with any of The roles we fulfil these aspects that How we think, feel and take up in and react in stressed make you you. relationships moments with our partners (attachment strategies) Our life stories How we think, learn and impact of and express when adverse life solving events (trauma problems(cognitive reponses) profile/intelligences) Possible areas of neurodivergence Our stable traits of **What makes** (e.g., autism and personality and me me? ADHD) temperament Our values and beliefs Our drives and motivations (needs and goals) Important aspects of our personal Our current identity mental wellbeing How we (mental health) understand and tolerate different emotons If you want to learn more about what makes you you, (emotional

consider arranging a consultation at

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development)