



# Brief Description of Clinical Psychology

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A Clinical Psychologist works with clients to identify and assess psychological, emotional, and behavioural problems, as well as establish and execute recovery strategies. Clinical psychologists work with people who have more acute problems than counselling psychologists. Clinical psychologists consult with clients to discuss issues in their lives that are physical, mental, or behavioural. The psychologist can identify any current or possible conditions by assessment, interviews, and tests. Clinical psychology is a field of psychology concerned with the diagnosis and treatment of mental, emotional, and behavioural conditions. Learning disabilities, alcohol abuse, depression, anxiety, and eating disorders are some of the more common disorders that can be treated. Clinical psychology is, in reality, a complex and diverse sub-discipline of psychology. It covers a broad range of mental, emotional, and behavioural disorders, combining psychiatry with the prevention, evaluation, diagnosis, and treatment of a wide range of complex human issues. On a regular basis, clinical psychologists typically perform a variety of activities, including interviewing patients, conducting interviews, administering diagnostic tests, providing psychotherapy, and administering services. Clinical psychology is the application of research, philosophy, and clinical experience to better understand, avoid, and treat psychological distress or dysfunction, as well as to encourage subjective well-being and personal growth. Clinical psychologists may have more education, be more well-respected, and earn more money, but this does not imply that they are better qualified to treat clients.

Clinical psychology is used to avoid, cure, and reduce emotional and psychological disorders, as well as personality issues, psychopathology, and ability deficits that may be underlying depression or psychological problems. Since clinical psychology is an integrated degree programme, it is a very competitive specialisation within the field of psychology. Clinical psychologists may conduct research, become professors, act as independent practitioners, and serve as programme managers, among other things. A hospital, department, outpatient centre, or clinic that focuses on sports medicine, rehabilitation, or wellness is referred to as a clinical environment. A clinical environment is a place where the main goal is to provide mental health services to clients, patients, and customers. A counselling psychologist places a greater emphasis on people that are stable and have less pathological psychiatric disorders. A clinical psychologist focuses more on people who are suffering from psychosis or other severe mental illnesses. Without the need to maintain the professional distance psychology needs, the practise is interesting and genuinely beneficial to the clients. The world we live in is undergoing rapid transformation. Many people acquire skills that will become outdated or redundant in the near future. A doctoral degree in clinical psychology or another discipline, such as therapy or education, is required of psychologists. They are qualified to use psychiatric interviews, psychological tests, and research to assess a person's mental health. They are capable of making diagnosis as well as providing individual and group counselling.

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