



# Psychology Community Research Clinic

- Information for Clients -

Department of Psychology  
Institute of Human Science  
University of Wolverhampton

## Who We Are

The Psychology Community Research Clinic (PCRC) is a clinical research project in the Department of Psychology at the University of Wolverhampton. We learn about psychological therapies and human wellbeing through offering psychological support for those who might need help with an emotional or psychological concern. We provide:

- Psychological Therapies
- Workshops & Seminars
- Single Session Consultations

The staff leading the PCRC are BPS Chartered and HCPC Registered Psychologists, experienced in helping those in need. Some of our clinic staff are in training to become Counselling Psychologists.

## Our Team

- Garrett Kennedy CPsychol [Project Lead].  
*Chartered & HCPC Registered Psychologist, with over 10 years experience in psychotherapy and 9 in the training of new therapists. Garrett is Project Lead, conducts assessment sessions, research interviews, and supervises the work of all of the staff.*
- Dr Alexandra Forsythe CPsychol  
*Head of Psychology*
- Team members are in training to be Doctors of Counselling Psychology. They bring a lot of experiences in working with people, and also work in the NHS, schools and charities as therapists.

Find out more about our team at

<https://wlvpcrc.setmore.com/staff>

## We are Here To Help

Our team are supervised in providing therapies for a wide variety of psychological concerns, including: confidence building, public speaking, stress management, improving mood, depression, anxiety, bereavement, panic attacks, & relationship worries.

**Psychological Therapies** (e.g.: CBT, Counselling, Psychotherapy) provide a confidential space in which a therapist listens and helps you find ways to deal with emotional or psychological issues.

**Workshops & Seminars** (e.g.: wellbeing, stress management, public speaking, anxiety management) are where you can learn about psychological issues and practical self-help strategies. Details of upcoming workshops are at <https://wlvpcrc.setmore.com/class>

**Single Session Consultations / Brief Therapy** (e.g.: booking one session of solution focused support at a time).

## Our Role in the University

The project is owned by the Department of Psychology, and is run by the senior clinical staff. Our activities are reviewed by the leadership team of the Centre for Psychological Research. We are separate from other support services in the university (such as SSW). On occasion we may ask for your permission for us to coordinate activities with the Student Support & Wellbeing team (SSW), so we can support you in the best possible way.

- We are able to support students from any subject area.
- Places in our clinic are limited, and we are not a crisis service.
- Please note we do not provide letters for extenuating circumstances.

## Inclusion Criteria

We aim to support everyone who comes to us. As we need to consider the best interests of each person who seeks support, we may encourage you toward seeking help in the NHS or elsewhere. We do not normally offer support to those who are already receiving support from another therapist or service.

## Confidentiality & Privacy

All of our activities are governed by the BPS Code of Ethics, with the principles of Respect, Competence, Integrity and Responsibility. We have received ethical approval for our project. All sessions are strictly confidential to the therapist and supervisor. As this project is separate from other university services we do not disclose your information to any third party or other staff in the university without an in-depth discussion with you.

Privacy and confidentiality are important to us. Our data storage systems are GDPR compliant, and our practises mean we do not routinely store clinical information that could identify you.

**We will discuss confidentiality in depth at first meeting, and you will have the opportunity to ask questions.**

Our aim is to ensure you receive the best possible help, and you can book a review session with the Project Lead or a senior supervisor to talk through any aspect of the project in a confidential space.

**We are a diverse group of people, working affirmatively and respectfully with people of any ethnicity, culture, religion or sexual orientation.**

## - Your Wellbeing Journey -

### How Many Sessions are Offered?

Our project is open on Fridays until the end of June 2020, providing 3 to 6 months of support, depending on your needs.

### Who Your Therapist Will Be?

Your therapist will be a trainee on a Doctorate in Counselling Psychology. They are training at an advanced stage of clinical practise, and work in the NHS and other settings as part of their training role. Your therapist is supervised by a fully qualified Psychologist experienced in working with people.

### First Visit Assessment Session

The first time you meet us, you meet with a senior member of the team and one of the therapy staff for an assessment session.

An assessment session takes approximately 90 minutes to talk through the reason you might be seeking help, in a confidential space. At the end of the conversation, we aim to offer a clear understanding of your support needs and suggest some support options that we feel would suit you (such as counselling with our therapists). There is no obligation to agree to any support option at that point, as it is important that you have a voice in what happens next.

You will have the opportunity to ask any questions that you need so you can be confident that we are the right source of support for you.

## Accessing Our Clinic: What to Do

Referral to our project has two routes:

1. If you are already seeing a member of the University's Student Support & Wellbeing team we ask that you tell them that you wish to see us.
2. If you are not currently seeing an SSW team member, you may book in for an **information meeting** on our booking page below.

## How to Contact Us

If you would like to talk through your participation in the project, and find out more about what we do, you can email us at [PCRC@wlv.ac.uk](mailto:PCRC@wlv.ac.uk)

or book for an **information meeting** at:

<https://wlvpcrc.setmore.com/services>

**Reception meeting point:** 1st Floor Reception in MC building (MC125). Your therapist will come to meet you, and take you to one of our counselling rooms. (*\*note: the staff at the reception desk are not linked with our team*)

Project Lead: Garrett Kennedy CPsychol

Email: [PCRC@wlv.ac.uk](mailto:PCRC@wlv.ac.uk)



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