



A. Psychologist Vocab



Term	Definition
<i>Psychoeducation</i>	Teaching clients about their condition to help them better understand and manage it
<i>Clinical Formulation</i>	A structured approach to understanding a client's difficulties, including biopsychosocial factors
<i>Multidisciplinary Team (MDT)</i>	A Multidisciplinary Team (MDT) integrates healthcare professionals, such as doctors, nurses, psychologists, therapists, and social workers, to provide coordinated, patient-centered care tailored to the individual's physical, psychological, and social needs.
<i>Interdisciplinary</i>	Interdisciplinary refers to an approach where professionals from different disciplines not only work together but also integrate their knowledge and methods to create new approaches, solutions, or insights that transcend traditional disciplinary boundaries.
<i>GDPR and Confidentiality</i>	The General Data Protection Regulation (GDPR) is a law that protects individuals' personal data and limits how organizations can use it. Compliance with regulations about safeguarding personal information, especially in healthcare settings
<i>Mental Capacity Act (MCA)</i>	Legislation outlining how to support individuals who may lack the capacity to make decisions about their care or treatment
<i>Safeguarding</i>	Policies and practices to protect vulnerable individuals (children or adults) and proactively protect ourselves from harm, abuse, or neglect
<i>Audit Projects</i>	Audit projects are systematic evaluations of healthcare practices to ensure they align with established standards and guidelines, identifying areas for improvement.



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<i>NHS Bands (band 4, band 5 etc)</i>	Part of the UK's National Health Service (NHS) Agenda for Change pay scale, which categorizes roles based on responsibility and expertise. Band 4 represents entry to intermediate-level roles requiring some specialization and supervision
<i>HCPC</i>	HCPC (Health and Care Professions Council): The HCPC's purpose is to protect the public by setting and maintaining standards for health and care professionals
<i>Trauma-Informed Care</i>	An approach that considers the impact of trauma on a patient's behavior and treatment, emphasizing safety and empowerment.
<i>NICE Guidelines</i>	Evidence-based recommendations provided by the National Institute for Health and Care Excellence to ensure high-quality care
<i>Care Pathways</i>	Structured multidisciplinary plans of care for specific conditions or diagnoses to ensure consistency and efficiency.
<i>Outcome Measures</i>	Tools like the WAIS or GAD-7 used to measure treatment progress and effectiveness
<i>Risk Assessments</i>	Evaluating the potential risks (e.g., self-harm, aggression, vulnerability) a patient may pose and documenting how to mitigate these risks
<i>Challenging Behavior</i>	Managing aggressive, self-injurious, or disruptive behaviors in patients, particularly in neurorehabilitation or learning disability settings
<i>Clinical Effectiveness</i>	Clinical effectiveness refers to the extent to which specific health interventions, procedures, or treatments achieve the intended outcomes in real-world healthcare settings.
<i>Evidence-based Practice</i>	Integration of the best available research evidence with clinical expertise and patient preferences to guide decision-making in healthcare. It ensures that interventions and treatments are effective, safe, and tailored to the individual needs of patients.

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<i>Reflective practice</i>	The habit of analyzing your own clinical work and emotional responses to improve professional practice
<i>Stepped Care Model</i>	Framework used in Access to Psychological Therapies (IAPT) to match patients with the most appropriate level of care
<i>CPD</i>	Continuing Professional Development: Commitment to ongoing training, staying updated on psychology advancements, and participating in professional supervision and appraisal
<i>Client/Patient Centred approach</i>	Carl Rogers' humanistic theory. Focuses on each client's different needs regardless of similar diagnosis so they feel empowered to explore their thoughts, emotions, and behaviors in a non-judgmental setting.
<i>Clinical Governance</i>	A framework to ensure quality and safety in healthcare, involving training, risk management, and evidence-based practices.
<i>Motivational Interviewing (MI)</i>	A client-centered, goal-oriented counseling approach used to enhance a person's motivation to change by exploring and resolving ambivalence.
<i>Biopsychosocial approach</i>	A holistic model that considers the complex interactions between biological, psychological, and social factors in health, illness, and healthcare
<i>Care Plan</i>	A structured document created collaboratively by healthcare professionals, patients, and their families or caregivers to outline the individualized goals, interventions, and support required for a patient's care.
<i>Crisis Intervention</i>	A short-term, immediate response designed to support individuals experiencing an acute mental health crisis or distressing event. Primarily to ensure safety, stabilize emotions, and help the person regain a sense of control.
<i>Incident Reporting</i>	Involves documenting any event or situation in a clinical or organizational setting that could or does lead to harm, damage, or disruption. These incidents may relate to patients, staff, equipment, or the environment.