



How do you recommend psychology services to someone else?

Recommending psychology services to someone else can be hard. When someone has experienced a traumatic situation, stressful life transition, or a significant loss they may be feeling vulnerable. They may be afraid, ashamed, and/or embarrassed to open up to someone else about how they are feeling. They may interpret you suggesting that they see a psychologist as you judging them. They may believe that you view them as weak, crazy, or damaged. If they have opened up to you at all about what they are going through, then they may believe that you are suggesting a psychologist because you are sick of hearing them “complain” or that you view them as a burden.

It is important to touch on all of these points with them and to make it clear that you are suggesting they meet with a psychologist so that they can receive the best care possible and have all of their needs met. You may want to touch on the following points:

1. You have gone through a very hard situation. I think that anyone who has experienced a traumatic situation, stressful life transition, or a significant loss would benefit from talking to a psychologist.
 2. Talking to a psychologist does not mean you are “crazy” or that there is anything wrong with you. It is just a way to receive a little extra support through a difficult time.
 3. There are always things that we feel embarrassed or uncomfortable talking to our friends/family/workplace about. I know there are things that I feel uncomfortable talking to my friends/family/co-workers about. However, holding onto these things by ourselves can cause stress and anxiety and a sense of walking around with a weight on our shoulders. A psychologist is a non-judgemental person who you can discuss these things with in an objective way and may leave you feeling lighter.
 4. I know that talking to a stranger can feel a bit uncomfortable. However, psychologists are there to help you. You don't have to open up or talk about things with them until you are ready. If they ask you something and you are not ready to talk about it, just tell them that.
 5. Thank you for opening up to me about what you have been going through. I really appreciate that you have felt safe and comfortable to do that. Please don't think that I am suggesting you meet with a psychologist because I want you to stop opening up to me. My door is always open. I'm suggesting a psychologist because I know that when I am going through a hard time and I reach out to someone for support, sometimes they do or say the wrong thing and it can leave me feeling worse. I want to ensure that you always have support in the right way.
 6. There is absolutely no shame in seeing a psychologist. We meet with general practitioners to keep our body healthy. We meet with psychologists to keep our mind healthy.
 7. If they seem interested in services, you may also want to give them a copy of the “What do psychology services really entail?” brocher to help answer any of their questions or concerns before reaching out for services.
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