

Services offered

Individual psychotherapy

Individual psycho-diagnostics

Psychological consultation on individual or group behaviour problems

Business consultation with regard to behaviour problems or sick leave issues

Teaching and training on psychological subjects

Clinical supervision for qualified psychological workers

All services provided to adults only, No upper age limit.

Price on demand. Psychotherapy and supervision offered at visiting address, other services at venue agreed with client

Making Sense

Visiting address:

35 Goldstone Villas
Hove BN3 3RT

Telephone & messages:
07875-538471

Fax: 01273-454816

E-mail:
making.sense@amserve.com

Clinical Psychology

Making Sense



Drs. C.A.J. Meesters
Chartered Clinical Psychologist

Clinical Psychology: What is it all about?

Psychology is the systematic and scientific study of human behaviour, thoughts and feelings. Psychologists study at university level and usually apply their scientific insights into areas of human functioning.

Clinical Psychologists apply psychological insights and skills to the area of human distress that can lead to feelings of serious unhappiness, mental pain and anguish.

Using their knowledge of mental processes, they then apply special techniques to understand and where possible explain the reasons why these problems occur. This activity is called psycho-diagnostics; it can take the form of an interview or structured tests (quiz-type questions, games and puzzles).

Psycho-diagnostics may help to clarify or settle doubts about mental abilities, such as memory difficulties or confusion about how relationships work.

Where appropriate and feasible, Clinical Psychologists help people come to terms or solve their problems through systematic interviewing and (sometimes) agreed mental exercises. This is called psychotherapy.

Psychotherapy may help with feelings of anxiety, extreme sadness or grief, stress or uncertainty about how to find a solution to seemingly 'stuck' problems.

As part of the service a Clinical Psychologist may ask about very personal details. These will be treated with complete confidentiality and respect for your wishes and dignity. A Clinical Psychologist will only disclose any information about you with your explicit permission.

Exceptions to this rule are the necessity to disclose in case of reasonable suspicion of serious risk to yourself or others, or if summoned by a court of law.

On occasions a Clinical Psychologist may need to discuss client details with a supervisor to maintain quality of skills and service. In such cases the client's personal details will NOT be revealed to the supervisor (although details of the client's issues may be disclosed).

Clinical Psychologists are active scientists and as such engage in research. They may also publish this research and illustrate their scientific arguments with examples from clinical practice. They may therefore use material disclosed by clients.

In such cases however NO personal details will be disclosed, and in this practice I shall always seek permission from clients.

Drs. C.A.J. Meesters

I studied Clinical and Organisational Psychology and Medicine at State University Groningen, obtaining my doctorate in 1979

Since that time I have worked in various settings in the Netherlands, Germany and the UK in private practice and in public service

I am fully accredited as a Chartered Psychologist and Neuropsychologist by the British Psychological Society, and adhere to this body's Code of Conduct

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