

Patient & GP Information

UHPI Number	600101156L
CHI Number	0611751143
Episode Number	O0021210473
Surname/Forename	Halliday, Shona
Date of Birth	11/6/75
Sex	Female
Patient Address.	16 Thornybank Grove Dalkeith EH22 2EG
Registered GP	YV Gaidakova
GP Address.	Dalkeith Medical Practice, The Health Centre, 24-26 St Andrew Street, Dalkeith EH22 1AP

Report Contents

The report bundle provides information on the following:

* IP/OP Clinical Notes

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Inpatient/Outpatient Clinical Notes

Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021210473 Joe Riba-Segues 9/26/22 17:22 Joe Riba-Segues	F2F assessment for suitability for psychological therapy with Mid PTS. See correspondence for further information. Covid19 (Shona did not have Covid19 symptoms on the day of this appointment, and we use good hygiene, face masks, 2 meters physical distance and ventilation).

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Note Details	Clinical Notes
Outpatient Clinic Letter Episode/Ref: O0021210473 Joe Riba-Segues 9/29/22 10:34 Liz Sinclair	Midlothian Psychological Therapies Service ASSESSMENT LETTER You were referred to our service by the Midlothian Access Point (MAP). Thank you for talking with me in person on 26-09-2022. I hope that you found this assessment appointment helpful. Please see a summary below. Brief description of your current difficulties You explained that you have rheumatoid arthritis. In April 2022, you had to give up your job as a cook due to the pain. You have had to apply for ESA and PIP, which has been a hard process. You had your assessment for the 1st one, and the telephone assessment for the 2nd one is coming up. You have also described being stuck in the house, including going to bed during the day, lacking in motivation and your mood dropping. I suggested that being disengaged from meaningful activities can often lead to low mood. ██████████ has cerebral palsy and epilepsy. Caring for you ██████████ takes time. He spends two days a week with ██████████. During that time, you tend to turn to alcohol in excess. You are aware of the negative impact of alcohol on mood. ██████████ has not been supportive, and he has been nasty towards you in the past. You also mentioned experiencing distressing images of ██████████ from when he sadly passed away in May 2022. You have also started to experience flashbacks of your ██████████ traumatic birth. Safety Years ago, you took an overdose. You also crashed your car into a wall. In May 2022, you had suicidal thoughts, but you did not want to act on these thoughts. You have not expressed any current concerns about your safety. If this changes in the future, please speak to: - Midlothian Mental Health and Resilience Service (MHARS): 0800 118 2962 (8am–10pm, 7 days a week) - GP or NHS 24 on 111 - Samaritans: 116 123 (24 hours a day) - Breathing Space opening hours: 6pm Friday - 6am Monday, and 6pm to 2am on weekdays (Monday - Thursday). Phone and speak to a Breathing Space advisor on 0800 83 85 87 (www.breathingspace.scot). Is psychological therapy likely to help? You hope to be able to wake up in the morning and feel normal and not stress about the day ahead. After talking about activating yourself, you recognised that you need to plan ahead some activities for the next day (e.g. get out of the house, going swimming again). You also want to stop smoking. I suggested that you write up a plan. The NHS has a free interactive tool for designing your personal quit plan (www.nhsinform.scot/stopping-smoking/my-quit-plan). I also suggested being flexible with your routine to accommodate flare-ups. Agreed Plan As agreed, I'm adding you to our waiting list for 1:1 psychological therapy. While you are waiting to be seen by one of our therapists, I have suggested that you start using the behavioural activation workbook I gave you. It was a pleasure to speak with you, and I wish you well with your treatment and in the future. Yours sincerely, Joe Riba-Segues Nurse Therapist Midlothian Psychological Therapies Service Cc: Dr Gaidakova, Dalkeith Medical Practice

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Episode Number	O0020981793
Surname/Forename	Halliday, Shona
Date of Birth	11/6/75
Sex	Female
Patient Address.	16 Thornybank Grove Dalkeith EH22 2EG
Registered GP	YV Gaidakova
GP Address.	Dalkeith Medical Practice, The Health Centre, 24-26 St Andrew Street, Dalkeith EH22 1AP

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Outpatient Clinic Letter Episode/Ref: O0020981793 Kirsty A Sinclair 7/21/22 15:50 Kirsty A Sinclair	Your patient attended MIDLOTHIAN ACCESS POINT. Informed consent to proceed with this assessment was obtained, and the confidentiality aspect was discussed and agreed. This is a brief summary of this assessment, which is not a full psychological assessment. Summary of presenting problems and strengths identified: Depression symptoms - lack of purpose, low mood, affected sleep, anhedonia, agitation - which Shona has been affected by throughout adult life, recently worsened. Recently given up work as a cook for Midlothian Council due to arthritis which leaves her in a lot of pain and restricted mobility. Shona feels this has resulted in a lack of purpose. Shona has recently completed benefits forms such as PIP which she feels took a toll on her mental health, she is worried about the outcome of these forms. Shona is main carer for son [REDACTED] who is disabled and has recently been diagnosed with cerebral palsy. [REDACTED] takes him 2 days a week, this relationship with [REDACTED] is complicated - Shona described him wanting to be with her then dropping her again. Shona said she has always struggled with relationships due to be raised in a single-mum household. Trauma History (Inc. GBV): Shona's [REDACTED] died in May and Shona is struggling to process the shock of his death as she feels he was fine one minute then suddenly terminally ill. Shona cared for him in his last few days and has flashbacks of the moment he died - she described seeing a blue/grey film go over his eyes, she also had to inform people that he died. The birth of Shona's [REDACTED] was traumatic as he was starved of oxygen which resulted in damage to his brain. Shona said she has never processed this effectively. Risk Factors: recent thoughts of harming self when under the influence of alcohol but denies any intent to harm herself, not suicidal. Past suicide attempts involving overdose and driving car into a wall while under influence of alcohol, resulted in car being written off and license revoked. CORE 10: 29 (indicating severe psychological distress) OUTCOME: - Advice and Information: YES - advised that the images Shona has of [REDACTED] dying and of [REDACTED] birth 10 years ago sound like a trauma response in the form of flashbacks. - Signposted to other service or resources: NO - Referral to other local services: YES Consent was obtained for a referral to be made to NHS Psychological Therapies service and Thistle Foundation, including personal information sharing. ACTION FOR GP: none Clinician's email address (if further information required): [REDACTED] Kirsty Sinclair Development Worker Health in Mind

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 2/27/23 16:45 Emilia Wersig	Appointment date: 27.02.2023 Session number: 4 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past week had been for Shona. We reviewed the cross-sectional formulation Shona had completed as homework. We also started a collaborative 5 Ps formulation, exploring predisposing and precipitating factors to Shona's current difficulties. Risk: No indication of risk in session. Plan: We have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 4/6/23 10:35 Emilia Wersig	Appointment date: 03.04.2023 Session number: 5 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past weeks had been for Shona. We completed the collaborative 5 Ps formulation, exploring current difficulties, maintaining factors and protective factors. We linked this in with the rationale for a behavioural activation approach and introduced a behavioural activation approach. We agreed for Shona to complete an activity monitoring diary as homework. Risk: No indication of risk in session. Plan: We have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 4/19/23 10:44 Emilia Wersig	Appointment date: 19.04.2023 Session number: 6 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past weeks had been for Shona. We reviewed the activity monitoring diary Shona had completed as homework. We explored activities that link into achievement, connection and enjoyment and completed an activity planning diary for the next week. Agreed for Shona to complete a further diary in a week's time, to monitor her mood alongside activities, and to follow through with planned activities. Risk: No indication of risk in session. Plan: We have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 5/4/23 10:04 Emilia Wersig	Appointment date: 03.05.2023 Session number: 7 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past weeks had been for Shona. We reviewed the activity planning / monitoring diary Shona had completed as homework. We explored Shona's values and considered ways for Shona to integrate more physical activity into her daily life. We also completed an activity planning diary for the next week. Risk: No indication of risk in session. Plan: We have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 5/10/23 11:16 Emilia Wersig	Appointment date: 10.05.2023 Session number: 8 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past week had been for Shona. We reviewed the activity planning / monitoring diary Shona had completed as homework. We continued to explore Shona's values and considered ways for Shona to integrate these more into her daily life. Risk: No indication of risk in session. Plan: We have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 5/23/23 17:57 Emilia Wersig	Appointment date: 23.05.2023 Session number: 9 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past weeks had been for Shona. We reviewed the activity planning / monitoring diary Shona had completed as homework. We considered the positive impact of changes Shona has made to her behaviour. We reviewed treatment with Shona reporting that she is finding therapy to be beneficial and that she is learning new ways to support and help herself through the sessions. Shona reported finding the behavioural activation approach particularly helpful. We agreed to have five further sessions of therapy and that we would be focussing on psychoeducation and anxiety management in these, in line with Shona's goals for therapy. We also used a functional analysis and considered alternatives and interventions to a current unhelpful behavioural pattern. Risk: No indication of risk in session. Plan: We have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Progress Notes Episode/Ref: O0021705499 Emilia Wersig 6/7/23 16:47 Emilia Wersig	Appointment date: 07.06.2023 Session number: 10 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past weeks had been for Shona. We reviewed behavioural activation and behaviour change that Shona had been working on. We introduced psychoeducation around anxiety, the fight/flight/freeze response, and a diaphragmatic breathing exercise. Agreed for Shona to read handouts on anxiety and to practice breathing as homework. Risk: No indication of risk in session. Plan: We have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 6/19/23 16:45 Emilia Wersig	Appointment date: 19.06.2023 Session number: 11 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past weeks had been for Shona. We reviewed the homework exercise. We introduced and discussed Maslow's hierarchy of needs, a grounding exercise, an emergency bag/box, different emotional states and how to cope with them in our session. Agreed for Shona to practice grounding, assemble emergency bag/box and practice identifying and responding to emotional needs as homework. Risk: No indication of risk in session. Plan: We have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 6/26/23 10:57 Emilia Wersig	Appointment date: 26.06.2023 Session number: 12/13 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past week had been for Shona. We reviewed the homework exercises. We introduced a safe place exercise. We discussed the vicious cycle of anxiety and introduced a CFT three motivational systems model and applied this to Shona's experiences. We introduced a Progress Plan, Wellbeing Pack and Wellness and Recovery Action Plan (WRAP). Agreed for Shona to practice safe place exercise and add to WRAP and Progress Plan as homework. Risk: No indication of risk in session. Plan: We have arranged our final psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Progress Notes Episode/Ref: O0021705499 Emilia Wersig 7/4/23 12:45 Emilia Wersig	Appointment date: 04.07.2023 Session number: 14/15 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past week had been for Shona. We reviewed the Progress Plan, Wellbeing Pack and Wellness and Recovery Action Plan (WRAP). We completed a Personal Model of Resilience and discussed progress made, Shona's feelings around the ending of therapy, as well as support Shona can access in the future. Risk: No indication of risk in session. Plan: We have now completed psychological therapy. Shona is now discharged from the psychology service. I will update her GP in due course. Emilia Wersig Clinical Associate in Applied Psychology

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 1/25/23 12:25 Emilia Wersig	Appointment date: 25.01.2023 Session number: 1 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We spoke for the first time today for our initial appointment to begin Psychological Therapy via video call. I introduced myself and my role, confidentiality, consent to begin therapy, record keeping and how any risk will be assessed and managed. We discussed the referral in to adult mental health and what we would cover in this initial session. We then discussed the presenting problems that they first had when initially referring to services, if anything has changed since that time, about their mental and physical health, about their daily functioning and activities, about their role as a carer, about the support that exists and how frequently and likely they are to make use of this support. They said they were happy to begin therapy and we will continue with this initial phase of therapy in our next appointment where I will gather further background information. Risk: Shona reported that she had experienced suicidal thoughts years ago while struggling with depression. She explained that at the time she had overdosed on a number of occasions while drunk, and that she had crashed her car into a wall with the intent of ending her life while drunk. Shona explained that she lost her driving license as a result of her actions. She explained that this was over a decade ago and that she had made no plans or attempts to end her life or harm herself since. Shona explained that while she was currently struggling with her mental health, that she was able to cope better than in the past. Shona strongly denied any current or recent suicidal ideation. She reported that she had been experiencing thoughts around being worthless over the past months and that at such times she had thought about self-harm, but that she had never intended to act or acted on these thoughts. Shona denied any current risk of acting to harm herself. Plan: We have agreed to begin psychological therapy and have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Outpatient Clinic Letter Episode/Ref: O0021705499 Emilia Wersig 7/7/23 10:01 Kym InnesMcGlone	Dr YV Gaidakova Dalkeith Medical Practice The Health Centre 24-26 St Andrew Street Dalkeith EH22 1AP RE: Shona Halliday D.O.B.: 06/11/1975 CHI: 0611751143 Psychological Therapies Discharge Report I am writing to let you know that the above patient has now completed a course of psychological therapy with the Psychology service. Ms Halliday attended 15 out of 16 scheduled appointments between 25.01.2023 and 04.07.2023 to tackle problems related to depressed mood, anxiety, and alcohol use. As the present course of psychological therapy is complete, I am now discharging Ms Halliday back to your care. Self-report Measures: At first treatment appointment CORE-10: Score of 21, indicating moderately severe psychological distress PHQ-9: Score of 15, indicating moderately severe symptoms of depression GAD-7: Score of 12, indicating moderate symptoms of anxiety At final appointment CORE-10: Score of 2, indicating healthy psychological distress PHQ-9: Score of 2, indicating healthy symptoms of depression GAD-7: Score of 1, indicating healthy symptoms of anxiety Therapeutic Interventions Utilised Cognitive behavioural therapy: five areas model; formulation; cognitive-behavioural model; psycho-education around anxiety; psycho-education on managing symptoms of anxiety; breathing, emotion-regulation and relaxation strategies; psycho-education around emotions and emotional states; psycho-education on anxiety and avoidance; functional analysis and interventions; behavioural experiments; behavioural activation. Compassion-focused therapy: psycho-education; motivational systems approach; compassion-focused exercises and strategies. Relapse prevention: stages of change; personal model of resilience; progress plan; wellness and recovery action plan. Brief Summary of Progress Ms Halliday reported on improved mood, increased insight into her mental health and an improved ability to manage her mood and emotions through psychological therapy. Ms Halliday explained that her levels of anxiety had much reduced. Ms Halliday reported that she no longer used alcohol to manage anxiety/low mood, and that she had learned new, helpful behaviours to cope with experiences of low mood and anxiety. Ms Halliday reflected that she had found therapy beneficial to managing her mental health and recognised that it would be important to continue applying strategies learned in psychological therapy going forwards. Further Recommendations Ms Halliday and I completed a Wellness and Recovery Action Plan, a Progress Plan and a Personal Model of Resilience to support her mental health going forwards. I have made Ms Halliday aware of relevant community resources and crisis support she can access as needed. We have agreed that Ms Halliday would contact her GP surgery in the first instance should she feel her mental health was deteriorating in the future. Please do not hesitate to contact me if you wish to discuss anything further. Yours sincerely Emilia Wersig Clinical Associate in Applied Psychology

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 1/30/23 11:02 Emilia Wersig	Appointment date: 30.01.2023 Session number: 2 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We completed the assessment phase of therapy, discussing Shona's early life and upbringing, family relationships, as well as her occupational, educational and social history. We reviewed current areas of difficulty and identified treatment goals. Risk: No indication of risk in session. CORE-10, question 6 answered not at all. PHQ-9, question 9 answered not at all. Plan: We have agreed to continue psychological therapy and have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology

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Outpatient Clinic Letter Episode/Ref: O0021705499 Emilia Wersig 2/2/23 12:04 Kym InnesMcGlone	Dear Dr Gaidakova RE: Shona Halliday D.O.B.: 06/11/1975 CHI: 0611751143 Psychological Therapies First Session Feedback Form I am writing to update you of the above patient's contact with this service. Ms Halliday was placed on the Psychological Therapies Treatment waiting list for help with difficulties relating to depressed mood, anxiety, alcohol use and traumatic memories. I have since met with Ms Halliday for a 1st treatment appointment on 25.01.2023 to review her current circumstances, with a view to commencing therapy for her presenting problems. Self-report measures: At first treatment appointment: CORE-10: Score of 21, indicating moderately severe psychological distress PHQ-9: Score of 15, indicating moderately severe symptoms of depression GAD-7: Score of 12, indicating moderate symptoms of anxiety Following the first treatment appointment, we have agreed to commence psychological therapy to tackle ongoing problems relating to depressed mood, anxiety and alcohol use. I have offered Ms Halliday 12 sessions of psychological therapy to commence on a weekly basis, via Near Me (video consultation). We have arranged a further appointment for 30.01.2023. We will keep you updated of Ms Halliday's progress. Please do not hesitate to contact me if you wish to discuss anything further. Yours sincerely Emilia Wersig Clinical Associate in Applied Psychology Emilia Wersig (she/her) Clinical Associate in Applied Psychology Edinburgh Psychological Therapies Service NHS Lothian Adult Mental Health Central Team Clinical Base: Inchkeith House 137 Leith Walk Edinburgh EH6 8NP 0131 537 4530 (Inchkeith House Reception) 0131 537 6905 (Psychology Administration)

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0021705499 Emilia Wersig 2/20/23 17:27 Emilia Wersig	Appointment date: 20.02.2023 Session number: 3 Presentation in session: Shona presented prepared for our appointment and comfortable sharing her thoughts. Brief session summary: We had our psychology appointment via video call. We reviewed how the past weeks had been for Shona. We discussed the therapeutic approach we will be using, discussed barriers to and expectations of treatment. We also discussed the consent and contract for psychological therapy, covering confidentiality, working under supervision, data storage, GP/referrer correspondence, the NHS Lothian policy for missed/cancelled appointments, and appointment length, which they verbally agreed to. As part of this we agreed to have 12 sessions of psychological therapy, that we would review progress throughout, and that we would be working on increasing levels of activity, learning anxiety management strategies, and exploring helpful ways to cope with low mood. We introduced and completed a cross-sectional formulation, exploring Shona's thoughts, emotions, physiology and behaviour in a recent situation. Agreed for Shona to complete a further cross-sectional formulation as homework. Risk: No indication of risk in session. Plan: We have arranged a next psychology appointment. Emilia Wersig Clinical Associate in Applied Psychology