



CLINICAL PSYCHOLOGY SERVICES



At some point in one's life, they may reach a stage where they feel lost, stuck, alienated, fearful or confused. Sometimes these feelings manifest into stress, burnout, depression or anxiety. Clinical Psychology gives you the tools to understand and cope with these feelings, while offering you the solutions to change your life and engage in it more fully.

Issues we can help with:

- Adaptation and adjustment difficulties
- Anxiety, fear, stress and emotional distress
- Bereavement
- Caregiver issues
- Pain states
- Sleep-related difficulties
- Symptom intrusion and coping in chronic, advanced and terminal illness
- Mood and motivational difficulties
- Stress management and coping enhancement

Interventions we provide:

- Cognitive-Behavioural Therapies
- Integrated psychotherapy
- Integrative pain and symptom management
- Relaxation, mindfulness, meditation, activity and yoga-based therapies



Prof Richard FIELDING

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Clinical Psychologist

Professor Fielding is a clinical and health psychologist and was until June 2017 Professor of Medical Psychology in Public Health at the University of Hong Kong (HKU) School of Public Health.

He was the early contributor to the development of clinical health psychology. His work on health psychology has a particular focus on psychological and behavioural adaptation in a wide range of physical health problems, including heart diseases, cancer, respiratory epidemic behaviour, health-risk behaviour and chronic pain, and lifestyle and behavioural approaches to rehabilitation and health maintenance.

Over the years he has developed integrated interventional approaches to many psychological problems, using a range of behavioural, cognitive and physical activity-based techniques aimed at preventing, managing and overcoming stress, coping with psychological difficulties associated with physical health and lifestyle demands.



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