



## 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

For general enquiries, please email us at [info@asiamedical.hk](mailto:info@asiamedical.hk) or call us at +852 2521 6830.