

PSYCHOLOGICAL SUPPORT THAT WON'T DRIVE YOU THINSANE

A step-by-step guide to finding the right psychologist for you

1. Consider the type of psychologist.

Start by figuring out what type of psychologist would best suit you. Do you require a clinical psychologist to help you deal with specific mental health conditions or considerations, a general psychologist who helps people work through a range of life issues, a health psychologist who works at the intersection between physical and mental wellbeing, or a psychologist who specializes in a very specific issue you are struggling with? It helps to know what you want.

2. Search for appropriate psychologists.

Look for your psychologist in three places. As the right fit is really important, take the time to have a look at all that are relevant to you (this will take about half an hour, and could save you years).

1. *Your health professional's network.* Health professionals find like-minded health professionals through a process of trial-and-error so you don't have to! Just make sure your health professional doesn't send you to a weight-biased psychologist, who may accidentally undermine our work.
2. *The Find a Psychologist™ service.* The Australian Psychological Society allows you to search for psychologists by issue, location and other factors. I've used it heaps of times and it's great! Visit www.psychology.org.au/find-a-psychologist.
3. *My psychologists registry.* For psychologists I've trained specifically to work with eating, physical activity, weight and body-image challenges, visit www.glennmackintosh.com/health-professionals-psychologists.

3. Do your due diligence.

Investigate potential psychologist's websites for more information. Remember that remote consultations are available to you (e.g. via Skype or Zoom), so they don't have to be local - I have so many wonderful clients I've NEVER met face-to-face! It's okay to shop around and try a few. Psychologists will accept this, as they know the right fit is important, and that it won't always be with them (that's why I have [a team of psychologists](#) - while I'm the Principal psych, some people who come to see me end up with one of our other psychs and enjoying working with them more than me!). Finally, if your current psychologist isn't doing it for you, you can have a conversation with them about it. Psychologists are especially open to this (we don't always know how we are doing and always appreciate the feedback!).