ABSTRACT

The support of the clinical psychologist in the psychiatric outreach service: Based on ten cases

NAKA, Saori
Kagoshima Immaculate Heart University

The characteristics of the clinical psychologist's approach and the challenges in a psychiatric outreach program were examined by visiting ten patients with psychiatric disorders over a six month period. The conversations, reactions, facial expressions, and behaviors of the patients are examined qualitatively through an inductive analysis. The patients experienced "tentative behaviors," "enjoying activities together," "putting a role on the psychologist," "expecting more than the program can provide," "looking back on the past," "consulting," "practicing problem solving skills," "feeling accepted," "restarting social interactions" through the clinical psychologist's approach. In psychiatric outreach programs, clinical psychologists are expected to listen, interact with families, as well as perform and share psychological assessments with the team. Additionally, clinical psychologists may need to increase self-disclosure and lower certain boundaries to become more of a "person" to a patient. I try understand a client and find genuine meaning, and I report these efforts in case conference a diversified assessment is indispensable.

Key Words: psychiatric outreach programs, clinical psychologist, team practice