

**BRONWYN WOOD**

Health Psychologist

APS Member

Deputy Chair AW Branch APS

# My Pathway

- ▣ Mature age student
- ▣ Bridging Program
- ▣ Bachelor of Arts 1<sup>st</sup> year
- ▣ Bachelor of Behavioural Science
- ▣ Postgraduate Diploma in Psychology
- ▣ Master of Psychology (Health)
- ▣ Registrar program for endorsement

# Health Psychology

- ▣ Health psychologists specialise in understanding the relationships between psychological factors (e.g. behaviours, attitudes, beliefs) and health and illness
- ▣ Health psychologists practice in two main areas:
  - **Health promotion** - prevention of illness and promotion of healthy lifestyles
  - **Clinical health** - application of psychology to illness assessment, treatment, and rehabilitation

# Health Promotion

- ▣ Illness Prevention Programs – heart attack, stroke, cancer, sexually transmitted infection, smoking and diet related problems
- ▣ Public health education programs –promoting physical exercise and healthy eating patterns. Education regarding smoking, alcohol and drug use
- ▣ Assessing health needs of communities
- ▣ Links between behaviour and illness/injury

# Clinical Health Psychology

- ❑ Developing therapy and education programs for health issues such as weight management, cancer and heart health.
- ❑ Psychological treatment for problems that often accompany ill health and injury, such as anxiety, depression, pain, addiction, sleep and eating problems.
- ❑ Help people understand how psychological factors such as stress, depression and anxiety might be contributing to illness.
- ❑ Helping people with the self-management of chronic illness.
- ❑ Terminal illness: grief, bereavement, death and dying
- ❑ Injury management: trauma, disability and rehabilitation
- ❑ Work closely with other health professionals
- ❑ Health behaviour change

# Speciality areas

- ▣ **Chronic Pain**

  - Wodonga Pain Management Program**

  - Multidisciplinary team

  - Biopsychosocial model

- ▣ **Eating Disorders, Body Image and Weight Concerns**

  - Private practice at Step Psychology**

  - Cognitive Behavioural Therapy (CBT)

  - Acceptance and Commitment Therapy (ACT)

  - Motivational Interviewing (MI)

Perseverance, Patience & Passion

