

What is a clinical psychologist?

A clinical psychologist has specialist training in the assessment, diagnosis and treatment of psychological disorders.

Clinical Psychologists provide a wide range of psychological services to individuals across the lifespan and for mental health conditions that range from mild to severe and complex. They work with individuals as well as groups and wider systems.

Theoretical models and evidence based therapeutic approaches are all drawn upon to provide clients with an in depth psychological formulation of their difficulties and an individually tailored therapy plan.

Clinical psychologists are not medical doctors and do not prescribe medication.



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For more information on how we work, helpful resources, links, fees and other frequently asked questions visit our website

www.equilibrium.bm



Restoring Psychological
Balance and
Building Resilience



Services

We provide comprehensive, individualised psychological assessment and treatment for individuals experiencing issues, such as:

- Depressive and Bipolar Disorders
- Anxiety and Panic Disorders
- Phobias
- Trauma and Abuse
- Memory Problems and Dementia
- Bereavement
- Relationship Difficulties
- Neuropsychological Deficits
- Behavioural Disorders

This list is by no means exhaustive. Feel free to get in contact if you wish to enquire whether the service might be appropriate for you.

Services include:

- Comprehensive Psychodiagnostic and Psychometric Assessment
- Psychotherapy
- Behavioural interventions
- Consultation and Training

Please see our website for further details.
www.equilibrium.bm

About Equilibrium

Robyn Montarsolo

MPsych, CPsychol

Robyn qualified in 1999 and is registered to practice in Bermuda and the UK. Robyn's psychology practice encompasses working with adults and older adults suffering from many psychological problems, providing a confidential, ethical psychological service.

Robyn works from a safe, inclusive and non-judgemental perspective, utilising clinical psychological assessment and therapy, grounded in scientific research. She enjoys working with people of all ages, their families and caregivers, recognising that individuals are part of a larger family system or community.

She has a special interest in working with those suffering from anxiety and mood disorders (e.g. depression), post-traumatic stress disorder (PTSD), chronic pain syndromes and disorders commonly seen in the elderly (depression, dementia and memory problems).

Robyn works using an integrative and eclectic approach in therapy, which is dependent on the individual's needs, preferences and goals. She is experienced in a wide range of therapeutic approaches that include cognitive behavioural therapy, cognitive analytic therapy, interpersonal therapy and systemic and family therapy and she is qualified to conduct comprehensive neuropsychological, psychometric and psycho diagnostic tests.

Additional Information

Fees and Reimbursement

Fees vary with the type of service that is provided. Please visit our website for more information on our services and fee schedule.

Confidentiality

All information and records regarding you are kept strictly confidential, in accordance with our professional ethical standards and code of conduct.

Referrals

Referrals are accepted via GPs and psychiatrists. Alternatively, you can self refer by contacting Equilibrium directly.

