

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.



Equilibrium Limited
Rosebank Building, 3rd Floor • 12 Bermudiana Road
Hamilton HM 11 • Bermuda
(Tel) 441.400.7001
(Fax) 441.542.7002
info@equilibrium.bm

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 is a clinical psychologist registered to practice in Bermuda and the UK. She works with adults and older adults using an integrative and eclectic approach in therapy, utilising clinical psychological assessment and therapy, grounded in scientific research. Robyn 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 psychodiagnostic tests.

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

Eloïse C. Pitts Crick

DClinPsy, CPsychol, AFBPsS

Dr. Pitts Crick is a British Clinical Psychologist registered in Bermuda, New Zealand and the United Kingdom. Eloïse specialises in psychotherapeutic work with children, adolescents, families and adults. She uses an integrated approach in therapy, tailored to the clients' needs and preferences.

Eloïse is experienced in a wide range of approaches including Systemic and Family Therapies, Cognitive Analytic Therapy, Cognitive Behavioural Therapy, Psychodynamic techniques, Play Therapy, Neuro-Linguistic Processing (NLP) and Narrative approaches. She is qualified to conduct comprehensive neuropsychological, psychometric and psychodiagnostic assessments.

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.

