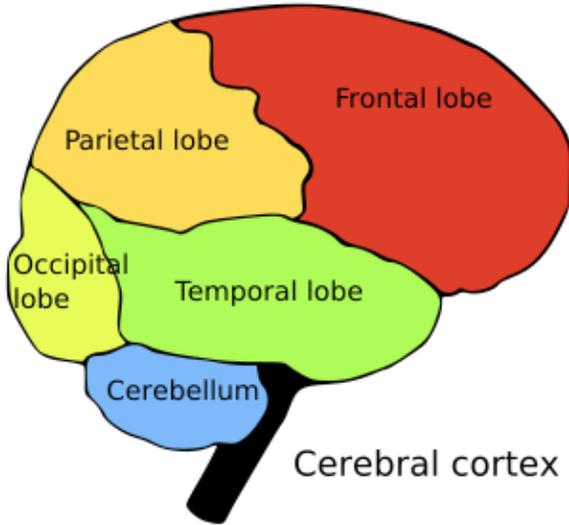


# “Psychology”

The word “psychology” is the combination of two terms - study (ology) and soul (psyche), or mind.



## Contact

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Psychology  
Mental Health Services site  
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## Providence Care

is the leading provider of compassionate, non-acute health care in southeastern Ontario, and is affiliated with Queen’s University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

### Our Vision

*Providence Care will lead the way in compassion and discovery.*

### Our Mission

Trusting in Providence and strengthened by the spirit and tradition of our Founders, the Sisters of Providence of St. Vincent de Paul, we enhance the quality of life by meeting the physical, emotional, social and spiritual needs of each person.

We work with our partners to innovate and excel in education and research.

We treat each person with respect, dignity and compassion.

### Our Values

*Respect & Dignity ♦ Compassion  
♦ Stewardship*

# Providence Care

♦ Providence Manor  
♦ Mental Health Services  
♦ St. Mary’s of the Lake Hospital  
in Kingston, plus a number of community locations throughout southeastern Ontario

[www.providencecare.ca](http://www.providencecare.ca)

July 2009

# Psychology



*Psychology is the science of mind and behaviour.*

# Providence Care

Mental Health  
Services site

# What is psychology?

Psychology is the science of mind and behaviour. Clinical psychologists, psychological associates and psychometrists are psychology staff members who apply this knowledge to help people understand, explain and change their thoughts, feelings and behaviour.



## How can psychology help me?

At Providence Care's Mental Health Services site, psychology staff may diagnose, treat and help you to understand and cope with the following conditions, with an emphasis on optimizing quality of life and client-centered care:

- ◆ mental health problems such as depression, anxiety, and phobias
- ◆ brain injury and brain diseases such as Alzheimer's
- ◆ difficulties with learning, memory, and intellectual ability
- ◆ developmental and behavioural problems, including learning disabilities, attention deficit disorders and pervasive developmental disorders
- ◆ mental health problems leading to criminal activity
- ◆ addictions and substance abuse in combination with mental illness
- ◆ vocational issues, including return to work following a period of disability, and/or determining strengths and goals in vocational and educational choices
- ◆ problems with self-understanding, marital and family relationships
- ◆ difficulty in regulating emotions, maintaining relationships, and/or engaging in self-destructive and socially inappropriate behaviours

## How can I get help from psychology staff?

Depending on the program area, services available through Mental Health Services may vary. If you think that psychological services could be of assistance to you, please discuss this with a psychology staff member in your area, your physician, or other clinician.

## Are there standards for the practice of psychology?

Yes. The College of Psychologists of Ontario regulates the profession of psychology in Ontario. Members of the College of Psychologists are regulated professionals who are required by law to deliver ethical and professional services.