



AAMINAH ADAM

Trainee Associate Psychological Practitioner

ABOUT ME

My name is Aaminah Adam, I am a Trainee Associate Psychological Practitioner working within the PCN. I work across the PCN during the week, focusing on patients who require some support coming to terms with their cardiovascular and respiratory diagnosis. We can support any emotional, behavioural, or cognitive changes in relation to your condition. I use psychoeducation and cognitive behavioural therapy (CBT) during the sessions.

Patients must have an underlying cardiovascular and respiratory diagnosis and can be referred by their GP. Each referral will be discussed with supervision.

I offer additional support for any patients who have been diagnosed with a cardiovascular or respiratory condition you may feel needs extra support.

HOW CAN I SUPPORT YOU?

A Trainee Associate Psychological Practitioner can offer support by:

- Offering 1 to 1 sessions followed by an approx. 30 minute follow up session
- Helping those who feel anxious and are struggling in relation to adjusting to their cardiovascular or respiratory condition diagnosis.
- Patients who are feeling anxious but do not meet the IAPT criteria
- I am also here to help patients' physical health conditions that impact their mental health

TIMETABLE

	AM	PM
Monday	Sunlight Group Practice	Sunlight Group Practice
Tuesday	The Orchard Surgery	The Orchard Surgery

