

Confidentiality in Clinical Health Psychology

This leaflet tells you about confidentiality in Clinical Health Psychology

When you see a psychologist or counsellor you can expect that what you talk about is kept private and treated respectfully within our Department. We will talk about confidentiality at your first appointment.

What information is held about me in Clinical Health Psychology?

In line with the Trust Data Protection policy, your basic contact details (for example your name, address and GP details) will be kept on a secure database.

A record of the issues you have talked about with your psychologist or counsellor will be kept in a paper file. This is a separate file from your medical records and it is kept securely in the Clinical Health Psychology Department. It will also contain your referral letter and any other relevant information.

If you would like to access information in this file please speak to your clinician who can advise you how to do this.

You can also give permission for other professionals such as solicitors to have access to the notes. However, no other person outside of our department can read this file, other than in rare cases, such as court proceedings.

Will other health professionals know I am seeing a psychologist or counsellor?

This will be talked through with you when you come to your first appointment. Generally, we write back to the person who referred you for psychological help and a copy of this letter will also be sent to your GP and sometimes to other professionals involved in your care (e.g. your consultant or nurse). A letter will also be written when you have been discharged from the Clinical Health Psychology Department. You can ask for a copy of these letters.

We have clinical supervision which means that we meet with another experienced psychological therapist to discuss our work. The same approach to confidentiality is followed in these meetings.

We sometimes work closely with medical teams in the hospital, for example to help them understand the effect of a person's illness on their life. We would discuss this with you and if there is any information that you would rather not be shared then your wishes will be respected.

If you are an in-patient in hospital then we will also communicate with your medical teams using the standard Electronic Patient Record (EPR).

What are the exceptions to confidentiality?

We have a duty to make sure information is shared with other professionals if we are concerned about significant risk, to either yourself or to other adults or children.

We will help and encourage you to talk to other professionals about your situation and we will discuss any action we take with you whenever possible.

There are also situations where we would need to break confidentiality if we become aware of criminal activity.

If you would like to discuss any of these issues further please speak to us.

You may also find it helpful to view the Trust website page on data protection and accessing your health records found in the link -

<https://www.bradfordhospitals.nhs.uk/our-trust/our-policies-and-procedures/>

Our Address -

Clinical Health Psychology
St Luke's Hospital
Little Horton Lane
Bradford BD5 0NA
Tel: 01274 365176
Fax: 01274 365177

Next Generation Text

We use Next Generation Text for people with hearing difficulties.
To contact us ring 18001 01274 365176.

<https://www.bradfordhospitals.nhs.uk/clinical-health-psychology>

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

If you need this information in another format or language, please ask a member of staff to arrange this for you.