

Even when you begin to work with the therapist, you can decide to stop at any time. This will not affect your medical care or treatment. Please inform your therapist or the department if you no longer wish to be seen. You can be referred again in the future as we are aware of how health problems can affect people over a long time.

How do we improve our service?

We offer people the opportunity to give feedback on our service at the end of the therapy. We also use brief questionnaires during sessions to help the therapy progress.

Is there a waiting time for appointments?

We will try to see you as soon as possible. However, there may be a wait for an appointment. If this is the case, you will be informed of this when your referral has been received.

Where will I be seen?

Outpatient appointments are mainly held at St Luke's Hospital, Bradford. Some clinics are also run at Bradford Royal Infirmary and at various clinics in the community. If you are in hospital, the therapist will arrange to see you on the ward, in a private room if possible. We also offer remote sessions, via telephone or video.

What about confidentiality?

Confidentiality is an important part of working with a therapist. You will also receive a leaflet that explains about confidentiality.

What if I have more questions?

If you would like any further information about Clinical Health Psychology please contact the department between 9.00am and 4:30pm. At - Clinical Health Psychology, St Luke's Hospital, Little Horton Lane, Bradford BD5 0NA.

Tel: 01274 365176.

Email: bth.psychology@nhs.net

By Textphone: You can contact us using the Relay UK app. Textphone users will need to dial 18001 01274 365176.

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.

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

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Clinical Health
Psychology

Services

Patient Information Leaflet

Clinical Health Psychology

We offer psychological assessment and interventions to people who have a range of health conditions or who are undergoing medical treatments. We also provide psychological assessments prior to some medical surgery. We usually work within wider teams that may include doctors, physiotherapists, dietitians, occupational therapists and nursing staff.

Why are people referred to Clinical Health Psychology?

There are many different reasons why people are referred to Clinical Health Psychology Services. We know that physical health difficulties can affect how people feel and think. This can then affect how they cope with their illness or treatments. We also know that people's health difficulties may impact on their relatives and carers, so we can sometimes provide psychological help for families too.

What sorts of concerns do we help with?

We are trained to help people understand and manage difficulties that they may be experiencing related to their health condition. We explore how these difficulties may affect thoughts, feelings and everyday life. We then discuss with people what could be offered to help, or what they could do to help themselves. This is usually on a one-to-one basis, but sometimes we see people with their family members present.

Concerns we commonly work with include:

- difficulties adjusting to illness, injury or medical treatments
- anxiety, stress
- depression
- impact on relationships
- sexual problems
- loss and bereavement
- child development difficulties

We do not prescribe tablets or medicines, but we might sometimes suggest a review of medication if necessary.

What will happen at the first appointment?

The first appointment will allow you to talk through the concerns you are experiencing and may involve questions about your background. We can then begin to work out what may be helpful for you and whether Clinical Health Psychology is the right service for you.

Appointments last for 50 minutes unless otherwise stated on your appointment letter. Further appointments will be discussed and will usually be with the same therapist.

How long would I need to see the therapist for?

People vary in the number of sessions that they have. This will be discussed with you in your first appointment.

For psychological therapy to work well, it needs people to be willing to attend appointments regularly and commit to working towards positive change.

If you need to cancel your appointment please contact the department. Your appointment letter gives you information about cancelling or not attending appointments.