

What happens to the information I share with the psychologist?

Information that you share with the psychologist is kept confidential. Notes written during your appointment will be kept separate from your medical notes. The psychologist will typically only share a brief summary of this information with other health professionals involved in your care. This, and how much information you would like to be shared, will be discussed at your first meeting.

Psychologists have a duty to tell somebody if they are worried that you or someone else is at risk of harm. We would always try to talk about this with you first. Again, your psychologist will talk more about information sharing at your first appointment.

Seeing a Psychologist in Specialist Rehabilitation - how could it help me?

Information for patients, parents and carers



Living with the effects of a physical health condition or injury can lead to many different emotions.

These can include feeling sad, angry, worried or just really fed up. It is normal to feel any of these things but sometimes, these feelings can become overwhelming and it can be difficult to cope.

Clinical psychologists are trained to understand the psychological effects of physical health problems and offer talking therapies to help people work through their problems. It is important to be clear that psychologists are different to psychiatrists and do not prescribe medications.

The clinical psychologist in the Specialist Rehabilitation Service offers help and support to patients living with a physical health condition. This includes people living with limb loss or limb difference.

Here are some examples of problems that your psychologist can help you with:

- adjusting to your health condition;
- loss of confidence;
- feeling anxious or having panic attacks;
- low mood or feeling upset;
- decisions about your treatment or rehabilitation;
- concerns about your rehabilitation;
- worries or fears about the future;
- feeling angry; and
- coping with pain.



How do I arrange to see a psychologist?

If you feel that it might be helpful for you to meet with the psychologist, you can speak to a member of the team you see at the Specialist Rehabilitation Service who can make a referral.

What happens the first time I meet with the psychologist

In your first appointment, you and your psychologist will spend some time talking about how you have been feeling. Most people find this helpful, as it is a confidential space away from friends, family and other members of the medical team just for you to think about how you are doing.

You and the psychologist will then make a decision together at the end of the first appointment about whether you want to come back for a further meeting and how any further sessions could help. Psychology appointments usually last about 50 minutes.

All appointments will be at the Specialist Rehabilitation Service at Seacroft Hospital or by video conferencing if you would prefer.