

The Clinical Psychology Team at Salisbury District Hospital (page 1 of 2)

What do The Psychology Team do?

The Psychology Team consist of a range of professionals who help people who are suffering from emotional problems after illness or injury. They can offer a variety of approaches that are tailored to fit your specific emotional needs. None of the team prescribe medication. Instead, they are trained to encourage you to talk about your difficulties, listen to you and get a full understanding of your problems. They can then help you to develop ways of managing and understanding your emotions.

A member of the team will spend time with you trying to understand how your physical health has left you feeling emotionally. It is very common for people to feel fear, worry, frustration or sadness, when they have an injury or illness. The team recognises that injury and illness affects the whole person and those around them, not just the 'ill' or affected part of their body.

Strong emotions can be very frightening and you can even feel you are going mad. Other common problems include difficulties such as coming to terms with body changes and how this affects relationships, or coping with high levels of pain.

You may also have to deal with other stresses, such as financial pressure or worries about the family. These can become extremely difficult and it is common for people to feel overwhelmed.

How could they help me?

Many people find that talking about how they feel at an initial session with a team member is enough to help them feel less overwhelmed or terrified. If you feel that further support would be useful, they can work with you to find ways of managing your emotions. If relationships become hard they can also work with couples and even whole families if that might be helpful.

Isn't this just for those who can't cope?

NO. The Psychology Team is just one part of the group of health professionals who look after you. Research has shown that talking therapies can reduce the distressing impact of illness or injury, help with pain control and even shorten your stay in hospital should you be

The Department of Clinical Psychology (Health)
Tel: 01722 425105



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Author: Nigel North
Role: Consultant Clinical Psychologist
Date written: April 2006
Last Revised: March 2016
Review date: March 2019
Version: 2.2
Code: PI0314

admitted.

The things you tell the team are confidential. This means that they will not talk or write to anyone about anything you say without your permission. Your therapist will talk to you more about this at the first appointment.

How do I get in touch?

Ask any member of your medical team to complete a referral form for you. A member of the team will make you an appointment. You will be asked either to come to the Clinical Psychology Department at Salisbury District Hospital, or you will be seen on the ward if you are an in-patient.

The first appointment will be an assessment of your current difficulties and the possible development of these problems. The person you see can then discuss the options and decide with you if further sessions would be beneficial.