

Who works in the Psychology Team?

The Psychology Team is made up of Clinical Psychologists and Psychotherapists who are trained to provide a range of psychological therapies. There is also a Changing Faces Practitioner who is trained specifically to work with adults with appearance related concerns.

Contact details

For further information or if you have any questions about a referral that has been made, please contact:

The Department of Clinical Psychology (Health)
(01722) 336262 ext. 2105.

Author: Jane Lewendon

Role: Clinical Psychologist

Date written: July 2009

Last revised: November 2016

Next review due: November 2019

Version: 1.1

Code: PI0368

If you need your information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374208 or email: 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.

© Salisbury NHS Foundation Trust
Salisbury District Hospital, Salisbury, Wiltshire SP2 8BJ
www.salisbury.nhs.uk



information

Salisbury **NHS**
NHS Foundation Trust

Department of Clinical Psychology (Health)

**This leaflet gives some information
about the psychological issues
some people may experience
following a burn injury**

Information for adults

**Department of Clinical Psychol-
ogy (Health)
01722 226262 ext 2105**

Salisbury NHS Foundation Trust

Reactions experienced after a burn injury

Everyone reacts differently and some people may not experience any emotional distress. However, some people may have some upsetting thoughts, feelings and experiences after a burn injury. These may include:

- nightmares
- flashbacks or pictures of the circumstances of the injury suddenly coming to mind
- distressing or recurrent thoughts about the circumstances of the injury
- anger or irritability
- feeling panicky or nervous
- tearfulness or sadness
- feelings of guilt
- negative thoughts or feelings about yourself
- negative thoughts or feelings about your body image or scar(s).

Some people can manage these concerns themselves. They might do this by getting support from friends and family. They might talk through worries with others, or do enjoyable activities, keep distracted from upsetting thoughts, relax, and take time to recover. Any upsetting thoughts, feelings and experiences may also fade over time.

Sometimes however, peoples' upsetting thoughts, feelings and experiences continue, or come up at a later date and psychological support can be helpful.

What should I do if I have concerns?

If you are concerned about any of the psychological issues that can occur after a burn injury and think you would like to get some help from the Psychology Team:

1. Speak to a member of staff when you come for an outpatient appointment.
2. Ask any member of staff if you are staying on the Burns Unit.

The staff member you talk to may ask you to fill out some brief screening questionnaires and complete a referral form with your help. The referral form will be sent to the Department of Clinical Psychology (Health).

You will be invited to attend an appointment in the Department of Clinical Psychology (Health), or visited in the Burns Unit by a member of the Psychology Team.

What support could I get from team?

The Psychology Team at Salisbury District Hospital would firstly carry out an assessment.

An assessment involves talking with a member of the psychology team about your concerns and experiences in order to think about what support or therapy (treatment) might be helpful.

Psychological therapy involves talking and is based on your individual needs. Therapy aims to help you make sense of your experiences and reduce emotional distress.