

What is Rheumatology Psychology?

Psychologists working in the Rheumatology Psychology Service are trained to help people manage the challenges they might face as a result of their rheumatic condition. We are a small team made up of a Clinical Psychologist and Assistant Psychologist.

What do we do?

We can help you with a number of difficulties including:

- Coping with the impact your rheumatic condition is having on your quality of life.
- Coming to terms with feelings of loss as a result of your condition.
- Increasing your understanding about your rheumatological condition and its impact.
- Coping with the demands of treatment.
- Helping you to live a life you value despite the presence of your physical health condition.
- Help you manage difficult emotions which are related to your rheumatic condition (e.g. anxiety, depression, self-esteem, confidence, body image difficulties, trauma).



How to contact us:

**NHS Fife Department of Psychology
Clinical Health Psychology Service
Stratheden Hospital
Cupar
Fife
KY15 5RR
01334 696 336**

**Answering machine available out with
normal business hours.**

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NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number **0780 5800 005** is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:

fife.equalityandhumanrights@nhs.scot or
phone **01592 729130**.



Rheumatology Psychology Service

You have been sent this leaflet because you have been referred to our service. This leaflet aims to tell you who we are and what we do.

Where will I be seen?

We run patient clinics from Whyteman's Brae Hospital, Kirkcaldy. In the majority of cases we offer either video call or telephone appointments.

We can also offer face to face appointments where this has been agreed with the patient.

How long do I wait for an appointment?

The Rheumatology Psychology Service is a small service which receives a large number of referrals. We currently have a waiting list. The waiting time varies depending on current demands. If you are waiting for an appointment and your difficulties become worse, then crisis support is available:

- Through your GP.
- Out of hours NHS 24. Call 111.
- Breathing Space.

Call: 0800 838 587

www.breathingspace.scot

Mon-Thurs 6pm-2am,

Fri 6pm-Midnight,

Sat-Sun 24 hours.

- Samaritans call 116123 or text 0772 590 9090 or visit

www.samaritans.org

Advice and information on coping with a variety of different psychological problems can also be found on:

- <https://www.accesstherapiesfife.scot.nhs.uk/>
- www.moodcafe.co.uk

Why have I been referred?

You have been referred because your doctor, nurse or other health care professional believes that working with psychology could be helpful.

Could I benefit from psychological therapy?

Your psychologist will complete an assessment with you to decide whether you could benefit from our service. Psychological therapy works best if you are able to attend regularly, feel ready to talk and think about your difficulties as well as work on making changes.

What happens at the first appointment?

The first appointment will be about one hour long. At this appointment, you and the psychologist will discuss your difficulties and together decide if the service can help. Sometimes it is decided that another service might be more helpful. If it is decided that our service is right for you, the psychologist will discuss which treatment approach would be best for you. All decision making is done together with you and the psychologist.

Can I do anything to help myself?

Achieving improvements in your emotional wellbeing is most effective if you fully engage with your psychologist and make time to practice the different techniques you are introduced to, in between therapy sessions. It is important that you discuss any concerns that you may have about any aspects of the

treatment with your psychologist. They are very happy to work with and support you on your therapeutic journey.

How long does therapy take?

The length of therapy varies from person to person. For some people a couple of appointments are enough, for others more appointments are needed to be able to work towards agreed goals. Therapy is usually time-limited and the need for more appointments will be reviewed on a regular basis.

Attending Appointments

We recognise that attending can be difficult at times. If you cannot attend an appointment please get in touch with our Service as soon as you can. If you struggle to attend appointments regularly, your psychologist may wish to discuss this with you.

