

## How to contact us

Our administrative base is:  
NHS Fife Department of Psychology  
Clinical Health Service  
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01334 696 336

*Answering machine available out with normal business hours.*

**We appreciate that attending can be difficult at times for many different reasons, but in order for treatment to be effective regular attendance at appointments is important.**

**It is Fife NHS policy that if you do not attend your appointment, without letting us know, you will be discharged. If you cancel two consecutive appointments, you may also be discharged.**

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NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:  
[fife-UHB.EqualityandHumanRights@nhs.net](mailto:fife-UHB.EqualityandHumanRights@nhs.net)  
or phone 01592 729130

## Clinical Health Psychology Service

*Using psychological theory and practice to enhance wellbeing and quality of life in the presence of physical health conditions*

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.

### What is Clinical Health Psychology?

Psychologists working in the Clinical Health service are trained to help people deal with the challenges they might face as a result of physical health conditions. We are a small team made up of Clinical Psychologists, Health Psychologists and Trainee Clinical Psychologists.

### What we do

We work with people who are experiencing emotional distress as a result of their physical health condition. We can help you with a number of different things including:

- Coping with the impact of your physical health condition.
- Coming to terms with the feelings of loss as a result of your physical health condition.
- Changes to relationships with partners, family and friends (including sexual difficulties).
- Increasing your understanding about your condition and its impact.
- Coping with the demands of treatment.
- Helping you to live a life you value despite the presence of your condition.

- Help you manage difficult emotions which are related to your physical health condition (e.g. anxiety, depression, self-esteem, confidence, body image difficulties, trauma).

### **Why have I been referred?**

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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?**

We are not a counselling or support service. Psychological therapy can only help when you actively want to change and you need to be ready to commit to a time limited course of therapy.

Your psychologist will assess, with you, whether you are likely to benefit from our service. You would need to attend **regularly**, be ready to talk and think about your difficulties, and work on **making changes**.

### **What will happen at the first appointment?**

The first appointment will be about 1 hour. At this appointment, you and the psychologist will decide if the Clinical Health service can be of help with your problem or whether another service might be more helpful. If it is decided that there is a role for Clinical Health Psychology the psychologist will make a recommendation about what type of approach would be best for helping the things you find difficult. Currently we see people in groups and on a one-to-one basis. There may be a wait for this therapy to begin and if so, the psychologist will make recommendations of self-help materials or other services you should access whilst you are on our waiting list.

### **Where will I be seen?**

We see people at health care settings across Fife. You will be seen in a private room. As we want you to be seen as soon as possible you may not be able to be seen at the location closest to your home.

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### **How long could I have to wait for an appointment?**

It varies depending on the service but it could be several weeks. If you are waiting for an appointment and your problem becomes worse, please let your GP know.

Advice and information on coping with psychological problems can be found on the website: [www.moodcafe.co.uk](http://www.moodcafe.co.uk)

Useful information about coping with the emotional impact of physical health conditions can be found on the 'Physical Health' page which is in the 'Wellbeing and Lifestyle' tab.

### **Can I do anything to help myself?**

There is good evidence that people get better more quickly if they put effort into practising the therapy techniques they are shown. Working with psychology is about working together with your psychologist. It is important that you discuss any concerns you might have about any aspect of treatment with the psychologist to help you come up with a jointly agreed treatment plan.

### **How long does therapy take?**

This varies from person to person. For some people a couple of appointments are enough, for others a few more appointments are required to be able to work towards agreed goals.

All therapy is time limited and you will be offered a block of sessions. This will be discussed with you when you meet your psychologist.

As we are unable to offer an open ended amount of sessions, it is important that you engage in therapy and work with your psychologist to make the most of your sessions together.

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