

Adult Cystic Fibrosis Centre  
**Clinical  
Psychology Service**

Information for patients



In the Oxford Cystic Fibrosis Centre we aim to address all aspects of your health and treatment. The CF Team includes doctors, nurses, physiotherapists, a dietician, admin staff and clinical psychologists. The purpose of this leaflet is to explain the role of the Clinical Psychologist.

## What is a Clinical Psychologist and what do they do?

A Clinical Psychologist works with people who are having difficulties in their life and would like help in coping with them. Clinical Psychologists have undertaken several years of specialist training in psychological assessment and therapy.

Having a chronic physical illness can be stressful in all sorts of ways. The Psychologist can work with you to help you cope with emotional difficulties, with the stresses and demands of treatment, or with concerns about the future.

On the other hand, you may cope well with CF, but have problems in the other parts of your life. The Clinical Psychologist may be able to discuss different ways of coping with problems, whether they are directly related to health issues or not. The aim of psychological therapy is usually:

- to help people understand and cope with their problems more effectively
- to help people understand the way they think, act and feel, and make changes which reduce difficulties and lead to a better quality of life.

## When might it be useful to see the Clinical Psychologist?

Emotional support is available from many other members of the CF team. Much of the time you may find that talking through your problems with them, or your own supports at home, will be enough. However, if this does not resolve the situation, the Clinical Psychologist may be able to offer some further help and specific strategies.

## Problems that the Clinical Psychologist may be able to help with include the following:

- Stress management
- Coping with treatment
- Worries or concerns (e.g. about the future, physical appearance)
- Anxiety, including panic attacks
- Phobias
- Feelings of depression or low mood
- Sleeping difficulties
- Managing pain
- Problems with anger or assertiveness
- Relationship difficulties or feelings of isolation
- Family problems

It is important to remember that seeing the Clinical Psychologist does not mean that there is anything wrong with you psychologically. It is simply a way of trying to find new ways of coping with common difficulties and learning some new skills to help you do this.

## How do I arrange to see a Clinical Psychologist?

Kate Chapman and Christina Surawy are the Clinical Psychologists in the team. You can ask to see us through anyone in the CF Team, or you can contact us directly in the department on: **01865 225713**. Please feel free to ring us if you would like to discuss anything or if you would like any more information. We would be very happy to speak to you and give you more details about our role in the Unit at any time.

## What will happen when you see the Clinical Psychologist?

If you would like to see one of us, we can arrange to meet for a discussion in the out-patient clinic or ward. The aim of this meeting is to discuss any problems you may have and to decide together whether or not input from a psychologist might be useful to you. If you do think it would be helpful, further appointments can be arranged to look at particular problems or worries.

Sometimes, just a few appointments are enough, at other times longer term help may be useful.

Often, a few initial sessions are suggested to work towards a particular goal. We can then review and agree on whether we need to do any further work.

## What about confidentiality?

Our discussions are held privately on a one to one basis. All information is treated confidentially and would only be discussed with other members of the team if you agree to this or if it is essential to your treatment or safety. Information from sessions would not be given to others such as family members (unless you particularly ask for them to be involved).

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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