

Clinical Psychology for NF2

Information for patients



This leaflet is about the NF2 Clinical Psychology Service. We hope that you will find it helpful.

What is a Clinical Psychologist?

Clinical Psychologists have a doctorate in psychology and many years' experience working with children and adults. They are specialists in dealing with a wide range of emotional concerns and do this through assessment, talking therapies and one-off consultations.

In NF2, Clinical Psychologists offer support to patients and their families at whatever stage of treatment it may be needed. They are available to discuss the emotional impact of living with the disease and work with patients to maximise their coping and quality of life.

Clinical Psychologists are not medical doctors and do not prescribe medication.

What can we help with?

The kinds of issues a Psychologist can support you with include:

- adjustment to the diagnosis of NF2
- coping with an illness that has an uncertain course
- anxiety about medical procedures
- appearance related concerns
- treatment decision making
- anxiety in social situations (perhaps related to communication challenges or appearance)
- support for family members
- talking to others about the diagnosis.

How can we help?

Psychologists use a number of different theoretical models to understand psychological distress and are trained in a range of evidence-based treatments. At your NF2 psychology appointment we can work together to make sense of any difficulties you are experiencing and plan a way forward.

Sometimes one meeting is enough to do this and/or we may direct you to some useful self-help reading. At other times we may suggest regular psychology appointments with us or refer you to appropriate support more locally.

How do we see a Psychologist?

Our Clinical Psychologists routinely meet with all patients and their families when they attend for annual review. This is an opportunity to address any concerns relating to the emotional impact of living with NF2. At times a Clinical Psychologist will also be present in your medical clinic appointments. It is also possible to request an appointment with a Psychologist via any member of the NF2 team or by contacting the service directly.

Tel: **01865 231 889**

Will I need to see a Psychologist separately from my other appointments?

Not necessarily, we try to co-ordinate appointments with your hospital visits. How frequently we meet is agreed on an individual basis.

Where will I be seen?

The Clinical Psychologists are based in the Russell Cairns Unit on Level 3 of the West Wing, John Radcliffe Hospital. Appointments may be held there or in the Neuroscience Outpatients Department alongside your usual NF2 clinic.

Will the clinical psychologist meet my family too?

Sometimes it can be helpful to meet with family members together, however there is no obligation to do this and this is something we can discuss on an individual basis.

Confidentiality.

Confidentiality will be discussed with you at your first meeting and you will have the opportunity to ask any questions you might have. All information that you share with us is treated confidentially unless there are concerns that someone's safety is at risk.

Letters are exchanged between members of the team so that we can provide you with the best quality of care. Copies of letters are also sent to the GP. However, if there is information that you do not want to be shared with the team, you can talk to the Clinical Psychologist about this.

Who are the Clinical Psychologists in my NF2 team?

Dr Louise Dalton and **Dr May Quarmby** are experienced Clinical Psychologists who work as part of the NF2 team.

There may sometimes be trainee clinical psychologists on placement within the team.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALS@ouh.nhs.uk**

Author: Dr May Quarmby
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Oxford University Hospitals NHS Foundation Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information

