

WHAT IS A CLINICAL PSYCHOLOGIST

A CLINICAL PSYCHOLOGIST IS SOMEONE WHO HELPS PEOPLE WITH HOW THEY ARE FEELING



LOTS OF YOUNG PEOPLE AND THEIR FAMILIES HAVE PROBLEMS AND WORRIES, THESE CAN AFFECT HOW WE THINK AND BEHAVE

WE LISTEN TO ANY WORRIES OR PROBLEMS YOU MIGHT HAVE AND HELP YOU TO UNDERSTAND THEM, COPE WITH THEM AND FIND WAYS OF FEELING BETTER

WE KNOW THAT TALKING ABOUT YOUR FEELINGS CAN BE HARD AND YOU MIGHT NOT ALWAYS WANT TO SHARE THESE BUT WE CAN LISTEN AND FIND WAYS OF MAKING TALKING EASIER

WE KNOW HOW IMPORTANT PRIVACY IS AND WE CAN TALK TOGETHER ABOUT HOW, WHY AND WHAT WE SHARE. IF WE NEED TO TALK TO SOMEONE ELSE WE WILL ALWAYS AIM TO GET YOUR CONSENT FIRST.

WE REALLY LOOK FORWARD TO SEEING YOU!



PAEDIATRIC PSYCHOLOGY SERVICE

SHROPSHIRE COMMUNITY HEALTH NHS TRUST

PSYCHOLOGY SUITE

CHILDREN AND FAMILY SERVICES

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YOUR GUIDE TO PAEDIATRIC PSYCHOLOGY

WHO ARE WE AND WHAT DO WE DO?



WHEN YOU SEE US

WHAT HAPPENS AT THE FIRST APPOINTMENT?

- * WE WANT TO GET TO KNOW YOU SO WE MIGHT ASK YOU SOME QUESTIONS ABOUT THINGS IN YOUR LIFE SUCH AS SCHOOL, WHAT YOU ENJOY DOING OR ANYTHING YOU ARE WORRIED ABOUT

CAN I TALK TO YOU ON MY OWN?

- * YES, YOU CAN CHOOSE IF YOU WANT TO TALK TO US WITH A FAMILY MEMBER OR ON YOUR OWN

HOW OFTEN WILL I SEE YOU?

- * USUALLY APPOINTMENTS ARE EVERY COUPLE OF WEEKS FOR ABOUT AN HOUR BUT THIS CAN SOMETIMES VARY

WHAT WILL WE DO IN APPOINTMENTS?

WE WANT TO HELP IN THE BEST WAY FOR YOU SO WE WILL TRY TO FIND THINGS YOU ENJOY DOING, THIS COULD BE

- * USING FEELINGS CHARTS
- * DRAWING
- * CREATING MOOD JOURNALS
- * TALKING

WE MIGHT SOMETIMES SUGGEST DIFFERENT THINGS THAT YOU CAN DO WITH YOUR FAMILY IN BETWEEN SESSIONS THAT CAN BE HELPFUL



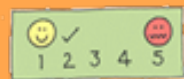
HERE ARE SOME THINGS WE MIGHT BE ABLE TO HELP YOU WITH

HELPING YOU TO COME TO TERMS WITH HAVING AN ILLNESS AND HELPING YOU TO COPE WITH HAVING ANY TREATMENT

HELP YOU TO OVERCOME ANY FEARS YOU MIGHT HAVE, E.G. OF AN INJECTION, HAVING BLOOD TAKEN, OR HAVING AN OPERATION

HELPING YOU TO MANAGE ANY FEELINGS YOU MIGHT HAVE E.G. ANGER, ANXIETY

HELPING YOU TO UNDERSTAND WHY YOU FEEL A CERTAIN WAY E.G. FEELING SAD OR LONELY, AND HELPING YOU TO FIND WAYS TO FEEL HAPPIER



LOCATION



- * OUR BUILDING IS IN A PLACE CALLED MONKMOOR CAMPUS IN SHREWSBURY. THIS IS WHERE A LOT OF OUR APPOINTMENTS WILL TAKE PLACE

- * BUT WE CAN ALSO COME AND SEE YOU AT HOME, IN HOSPITAL OR AT SCHOOL IF YOU CAN'T COME TO US

- * WE KNOW NOT EVERYONE WILL WANT TO SPEAK TO US FACE TO FACE AND SOMETIMES IT ISN'T POSSIBLE SO WE CAN ALSO TALK TO YOU OVER THE PHONE, OR A VIDEO CALL



WE CAN TALK TOGETHER ABOUT HOW AND WHERE YOU WOULD LIKE TO SEE US