

## Patient information

### **Clinical Psychology Behçet's Centre**

Rheumatology Department - Aintree Hospital

#### **Introduction**

Clinical Psychologists specialise in helping people to cope with extraordinary circumstances.

Behçet's symptoms, and some treatments, not only impact on your physical health but also affect how you feel and cope with many aspects of your life.

For this reason, you may wish to speak with a Clinical Psychologist about the emotional effects of your health problems.

This leaflet will tell you more about what a Clinical Psychologist does and why you might benefit from their services.

#### **What does a Clinical Psychologist do?**

Clinical Psychology is concerned with the way people think, feel and behave and the impact this may have on their everyday lives.

Clinical Psychologists specialise in helping people to cope with extraordinary circumstances – such as experiencing ill health and chronic illness.

They can help people to deal with the emotional stresses and strains that can accompany serious physical illness.

#### **What can a Clinical Psychologist help with?**

You can talk to a Clinical Psychologist, in a confidential setting, about your health problems and their impact, your worries and concerns, your feelings, how you try to manage in your everyday life or about how treatment affects you.

By thinking together about these issues, you may find more effective ways of coping with your health problems.

#### **Working with a Clinical Psychologist may help you to:**

- Cope with flares.
- Make more sense of your current situation.
- Consider the impact of your health problems on yourself and those around you.

- Manage your treatment plan.
- Harness your existing strengths in coping with things.
- Deal with distressing thoughts and feelings.

### **How do I get to see a Clinical Psychologist?**

Your doctor, nurse or therapy staff may suggest that you talk to a Clinical Psychologist, or you can simply request this yourself.

If you are happy to do so, you will be offered an appointment.

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

The first meeting is an opportunity for you to get to know the Clinical Psychologist, to discuss the issues with which you would like help and to see if you would like to meet again.

The appointment will last about 50 minutes. You will then agree together whether to meet again, how often and for how many sessions. Appointments can be face to face, or via telephone / video. Please discuss any preferences when you are offered an appointment.

### **Do I have to see a Clinical Psychologist?**

The thought of talking with a Clinical Psychologist may seem frightening or pointless but many people find that addressing the emotional stresses and strains of physical illness benefits their overall health and wellbeing.

It is your decision whether, or not, to see a Clinical Psychologist but please let us know if you no longer require our service.

### **Do you tell everything to my Consultant or GP?**

We write summary letters to your Consultant and GP and share important information with your care team.

If there is any sensitive information that you would rather not have shared in this way, please discuss this in advance with the Clinical Psychologist.

### **Where can I find more information?**

If you think you would benefit from Clinical Psychology, please discuss this with your Rheumatology consultant, or Behçet's nurse. Many people find that addressing the emotional stresses and strains of physical illness benefits their overall health and wellbeing

### **Feedback**

Your feedback is important to us and helps us influence care in the future. Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

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