

Patient information

Renal Transplant Psychology Service

Psychology Department

What do psychologists do?

Psychologists are trained to work with people experiencing a wide variety of problems. A psychologist can work together with you to help you to understand the troubles you are having and find ways of overcoming them or coping with them more effectively.

Psychological therapy can help you make changes in the way you think, feel, and respond to the challenges you are facing.

What will happen at my first appointment?

Your first appointment will be an assessment. The purpose of this is to get an understanding of what is going on for you and how this is affecting your life. The session will last approximately an hour.

The psychologist will think together with you about whether you could benefit from therapy sessions. Sometimes there may be other services that can better meet your needs. If this is the case, the psychologist can help to think through what services will be most appropriate for your current needs.

At the end of the assessment, the psychologist will usually be able to give you some ideas to start making positive changes in your life.

For some people, only one appointment is needed. Sometimes, a second appointment is needed to complete the assessment. This is to ensure that the psychologist has all the necessary information in order to understand your situation and advise you on the best way forward.

What happens next?

If this is the most appropriate service for you, you will be added to our waiting list for therapy. We will then contact you as soon as a space to begin therapy becomes available. If needed, we can offer the option of a phone call to review how you are doing during this waiting time.

Individual therapy sessions last for about 50 minutes and may be offered weekly, fortnightly or monthly. You can discuss this with the psychologist. The goals for therapy will be discussed and agreed between you and your psychologist.

There may also be an option to join a group programme, or to take part in a research project to help us understand what therapy can work well for patients who have experience of renal transplant. Your psychologist will discuss these options with you.

We sometimes work with family members, as well as patients.

What is the difference between a psychologist and a psychiatrist?

Psychologists and psychiatrists have different training and work in different ways. Psychologists train by studying psychology at university. They then complete a further three years postgraduate training in applying psychology to helping people experiencing different kinds of troubles. Psychologists do not prescribe medication.

Psychiatrists are medical doctors who can diagnose psychiatric problems and prescribe medication, although some are trained in psychological therapy as well.

Trainee and assistant psychologists

We have trainee and assistant psychologists working with the team who might be involved in your psychological therapy. They will always be closely supervised by qualified psychologists.

Is what I tell the psychologist confidential?

The psychologist will make notes in a psychology file to help them keep track of what you talk about in your therapy sessions. No-one outside the psychology service will see these notes.

The psychologist will also make brief notes in the hospital electronic patient record to say when they met you and the general issues you are working on together.

The psychologist will write to the person who referred you to let them know what you are working on in therapy. You can also have a copy of these letters.

The letters would usually be copied to your family doctor (GP) and other members of the team at the hospital who are involved in your care. However, you can tell your psychologist if there is information you would prefer not to be included in a letter.

There are two situations in which the clinical psychologist will have to break confidentiality:

- If a court of law instructs them to.
- If you tell them something that makes them concerned that you or someone else is at risk of serious harm.

If you want to know more about confidentiality, it is a good idea to ask your psychologist early on so they can explain the system to you and answer any questions. They will always let you know if they will need to break confidentiality.

What if I cannot attend the appointment?

We appreciate that sometimes people need to cancel appointments. We will do our best to arrange your sessions at times that are convenient for you and to rearrange them if necessary. Please do let us know when you are arranging an appointment when would be best for you.

Our experience is that for therapy to be effective, regular sessions are needed. If you miss or cancel more than one appointment, it could be a sign that it might not be the right time for you to be coming for therapy.

Your psychologist will discuss this with you and you may decide to end your psychology sessions for the moment. Should things change, you can always contact the service directly and ask to be seen again.

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

If you require any further information, please do not hesitate to contact:

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**Author: Renal Transplant Psychology Service
Review date: July 2027**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه پمسه‌ند کراون، نه‌گمر داوا بکریت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خوننده‌وه)، چاپی گه‌وره، شریتی دمنگ، هیلی موون و ئلیکترونیکی همیه.

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