When we meet, you will have the chance to talk about any issue or concern which may be affecting your life.

We will talk about what changes you have noticed and what might help you to manage these difficulties. We can also talk about what support you might want after your discharge from the ward or team.

If you would like anyone to be part of the meeting, perhaps a member of your family or a friend, you are very welcome to invite them.

An appointment with a clinical psychologist usually lasts up to 50 minutes.

Confidentiality

What you discuss during sessions will remain confidential although we share some limited information with the plastic surgery team that looks after you.

Occasionally, we may need to share information with other professionals. Where at all possible, this would be discussed with you first.

Contact Information

If you would like to discuss anything contained in this information leaflet or would like to know more, please contact:

Doctor Jenny Maguire
Consultant Clinical Psychologist
Tel: (028) 9055 3278

Useful Websites

- Changing Faces
  http://www.changingfaces.org.uk
- Living Life to The Full
  www.llttf.com
- MoodGYM
  www.moodgym.anu.edu.au
- Pain Concern
  www.painconcern.org.uk
- Pain Relief Foundation
  www.painrelieffoundation.org.uk
What are Clinical Psychologists?

Clinical psychology is an established profession within the NHS. All clinical psychologists within the UK have at least 6 years training and are regulated by the Health Professions Council (HPC). On occasions a trainee clinical psychologist may be involved in service delivery. Unlike doctors we do not prescribe medication.

At the Ulster Hospital, there is a consultant clinical psychologist who works with people who are receiving care from the Plastic Surgery Department.

What can Clinical Psychology help with?

People attend clinical psychology for many different reasons.

For example, we see people who have been discussing surgery with the team:

- To help you be clear about your expectations of surgery and whether surgery can achieve these changes
- To help you prepare for the surgery or the care routine following surgery.

Some of our work is also with people who are receiving care from the plastic surgery team due to accidents or other reasons.

Through our work and research we know that a proportion of people can find it difficult to get used to a difference in appearance, or find that their mood changes after an injury or accident.

People attend who:

- Have experienced significant changes to their life as a result of an injury
- Feel shocked or upset due to a change in their appearance
- Are concerned about changes in their behaviour or reactions to situations
- Feel more stressed
- Notice their mood seems low or depressed
- Experience trauma symptoms such as distressing images or dreams about the accident or event
- Have concerns about work or relationships or their future.

People who come to clinical psychology often find that working with a psychologist makes a big difference in managing change, developing coping skills and building self-confidence.

How do I see a Clinical Psychologist?

You can ask to meet with a clinical psychologist by letting any member of the plastic surgery team know, including nurses, doctors, occupational therapists and physiotherapists.

Sometimes a member of the plastic surgery team will ask the psychologist to meet you to see if psychology can be of any help. We see people on the ward or as outpatients.

How do we work?

We work using psychological therapy. This is widely used as a way of helping people overcome difficulties that are interfering with their way of life.

There are a number of different forms of therapy used by clinical psychologists. Most therapies involve talking about life experiences, thoughts, emotions, behaviour and relationships. We help people to think about how they can live with changes in their life in a way that does not have a negative impact on their life and relationships.