

## How can I access Clinical Psychology?

There will be an opportunity to discuss whether talking to a Clinical Psychologist would be helpful at your multidisciplinary clinic. This provides an opportunity to highlight any concerns you may have relating to the emotional impact of living with a health condition.

For some, being directed to sources of support that you can access, such as the information below, may be all that is needed. However, some people may benefit from a separate appointment/s on the same day as your clinic or at another time to discuss these concerns further.

We accept referrals from you or from any of your team here at Alder Hey.

You can contact the Psychological Services Department on **0151 252 5586**.

### External contacts and Information that you may find useful:

Changing faces charity supporting and representing children, young people and adults with visible difference  
[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

For more information about Clinical Psychology support, please contact Psychological Services using the details below.

#### Address:

Clinical Health Psychology, Alder Hey

**Phone: 0151 252 5586**

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

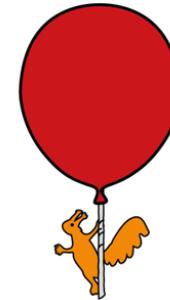
This information can be made available in other languages and formats if requested.

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## Clinical Psychology



**Our Clinical Psychology team provides a specialist service for all children and their families under the care of the Alder Hey**

**Information for families**

## WHAT IS A CLINICAL PSYCHOLOGIST?

Clinical Psychologists have an interest in reducing the psychological impact of living with a medical condition on patients and their families.

A Clinical Psychologist is trained to understand the links between how people think, feel, learn and behave. We listen to concerns and help children and their families cope with some of challenges that can come from living with a medical condition and receiving treatment. We support families to make positive changes and enhance their quality of life.

We are involved in the care of patients and their families at whatever stage we are needed.

We also complete research and audit projects. We often look at information collected in assessments, once anonymised, and share our findings in journal articles and at conferences to improve the service we deliver.

### Do Clinical Psychologist work with the rest of my team?

Yes, we work with other specialties within Alder Hey and external agencies e.g.

- GP's
- Paediatricians
- Neurosurgeons, Plastic Surgeons and other medical professionals
- Schools
- Speech and Language Therapists
- Ward based nursing and Play Specialist staff

Although Clinical Psychologists are part of the health team, we do not carry out physical examinations or prescribe medication.



### What can we help with?

We work with young people and their families for a range of different reasons, which can include:

- Early intervention and advice e.g. coping with questions about your child's condition, parenting advice around supporting your child after surgery.
- Psychological therapy regarding the psychology of appearance and adjustment to medical conditions e.g. managing uncertainty, self-esteem and self-confidence and what to say to other people.
- Supporting patients and families regarding decision making around surgery.
- Supporting families and patients with preparation for surgical procedures.
- Working with patients, parents, siblings and other family members to help them adjust to and cope with the patient's condition.
- Consultation and liaison with other medical colleagues, schools and child services.
- Carry out cognitive and developmental assessments.
- Run group based interventions for parents, children and siblings.

### Online Resources:

#### YP FACE IT

An online platform providing support and advice for any young person who has worries or is unhappy because of some aspect of their appearance (what we call a visible difference) (ages 11-17).



### Group workshops being held:

#### Tree of Life group

A strengths, confidence building and problem solving day for young people with health conditions. It provides individuals with the opportunity to make connections with others, learn, share and develop new tips, as well as exploring strengths (ages 11-16).

#### Parent Strategies Workshop

Takes a collaborative approach to learning strategies to manage issues faced by parents of children with health conditions. Parents learn from professionals and from each other and hopefully gain confidence in implementing skills to boost their child's self-esteem and manage behaviour.

#### Siblings Workshop

Designed for siblings of young people with chronic health conditions. It provides an opportunity to share experiences with other siblings, as well as talk about different conditions, emotions and changes that can happen for different family members (ages 6-18).

#### Visible Difference Workshop

Developed to support young people with a visible difference to build self-esteem and confidence, to help talk about appearance or condition, to manage their responses to others or comments made, to share experiences with others and to build friendships (ages 10-17).

