

You will not be put under pressure to discuss anything that you do not want to but it is useful to share as much as you feel comfortable sharing, in order for the clinical psychologist to get as good an understanding of your concerns as possible.

At the end of the session you and the clinical psychologist will make a joint decision about how many more times to meet. In these subsequent sessions you will then continue exploring your difficulties and looking at ways of resolving and managing them.

# Clinical Psychology



## Prospect Hospice

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Registered Charity Number 280093

At Prospect Hospice we offer a range of services for patients, carers and their families. One such service is the availability of our clinical psychologist.

### **Who would benefit talking to a clinical psychologist?**

Living with a serious physical illness can bring up a range of feelings. These feelings can vary greatly and may also alter as time goes on. Although having these feelings is entirely normal, there may come a time when you feel overwhelmed by them and unable to cope. The hospice team will always aim to support you as much as possible with any difficulties you may be experiencing, but sometimes it can be helpful to get support from someone trained specifically in supporting people with emotional pain.

### **Emotional well-being**

The sorts of difficulties people commonly experience around their illness tend to include:

**Anxiety and fear:** A lot of people say that finding out you have a serious physical illness can turn your world upside down and make you question things you have previously taken for granted. Life can sometimes feel out of control and you may worry about a range of things, including your loved ones, the future, treatments available, or life more generally.

**Low mood:** You may feel low in mood for a variety of reasons and sometimes this can turn into a negative spiral that may be difficult to get out of. Low mood is generally also accompanied by a lot of negative thoughts that can sometimes seem overwhelming.

**Anger and resentment:** You may feel angry for all sorts of reasons. At times, some people find that the anger may be so strong that it takes over and makes it difficult for them to function and live their life in the way they would like to.

The above are just examples of some of the feelings you may be experiencing, but they are by no means an exhaustive list. Other common

experiences may include body image concerns, sexual difficulties, feelings of guilt, relationship problems, disturbed sleep, existential/spiritual concerns, lack of appetite, panic attacks and many more.

If you are experiencing any of the above difficulties, a Clinical Psychologist can help you make sense of and address them.

### **What can a clinical psychologist do to help me?**

Clinical psychologists are trained to help people with emotional difficulties. They do not prescribe medication, but instead try to help you understand and manage your difficulties by talking about them. Sometimes they also give advice around strategies that may be helpful. Such strategies may range from physical relaxation exercises to techniques aimed at exploring unhelpful emotional patterns that you may be finding yourself in. The sessions you have with the clinical psychologist will very much be aimed at working together with you, to help you find an individual approach that will suit your specific needs.

### **What do I need to do to see the clinical psychologist?**

Tell the person who gave you this leaflet, or someone else you feel you can talk to at the hospice, and they will refer you.

### **What will happen once I have been referred?**

You will be sent an appointment letter to see the clinical psychologist. This appointment will take place at Prospect Hospice. It is useful to prepare for this appointment by having a think about what you feel your main difficulties are.

### **What will happen in the first appointment?**

The first appointment will last for 50 minutes to an hour and the aim of this is to get to know you, talk through the things that have been troubling you and see if you would like to meet again. This will allow the clinical psychologist to get a better idea of how to best support you.