

What help will be offered?



This will be tailored to suit your needs. The nature of your child's/family's/own difficulties will determine the way we address the problem.

Some examples of the types of treatments we might use are: behavioural therapies, CBT (cognitive-behavioural therapy), relaxation and guided imagery, pain management techniques and family interventions.

Are our discussions with the Psychologist confidential?

As Psychologists, we have strict rules about confidentiality and do not discuss your child's problem with anyone other than the doctor/team who referred you, and your GP, unless you give us your



permission to speak to any other relevant people. However, it does help to support other professionals in understanding your difficulties better, so we might discuss how to do this best. We do also have a responsibility to protect children from harm and we are legally and morally bound to disclose any information regarding children at risk of abuse to the relevant agencies.

Why children see a paediatric psychologist



Lots of children have problems and worries that can pass after a few days, or if they talk to someone about them. Others find it more difficult to solve such problems or to stop worrying about them. For example, they may have an illness, find coping with school harder than their friends, or just not been able to solve their problems on their own. Problems or worries can affect the way we feel and this can effect the way we think and behave.

To feel better, it can sometimes help to talk to a psychologist. Psychologists help children and their families to solve problems and cope with difficult situations. When it isn't easy to talk to parents, teachers or doctors about their problems, psychologists might be able to help.

This service is provided by Shropshire Community Health NHS Trust in partnership with The Robert Jones & Agnes Hunt Orthopaedic & District Hospital NHS Trust and The Shrewsbury and Telford Hospitals NHS

Paediatric Psychology Service



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Paediatric Psychology Service

Shropshire Community Health NHS Trust
Psychology Suite
Multi-Agency Child and Family Support Centre
Monkmoor Campus, Woodcote Way,
Shrewsbury, SY2 5SH

Tel: 01743 730138

Opening Hours: 9am to 5pm Mon to Fri

Website:

<http://www.shropshire.nhs.uk/shropscommunityhealth/>

Feedback/Complaints:

<http://www.shropshire.nhs.uk/shropscommunityhealth/membership-scheme/website-feedback/>

Your records are covered by the Data Protection Act (2018). For more information visit:

What do Paediatric Psychologists do?

Paediatric Psychologists aim to help children, young people and their families in times of difficulty. They listen to their concerns, try to understand the situations they find themselves in and help them find a helpful way forward. They work with people by helping them to make changes for the better. Psychologists are not medical doctors, they do not prescribe medicines or carry out physical examinations.

Why might your child be referred to a Paediatric Psychologist?

Families see Paediatric Psychologists for many reasons.

Parents often have worries about:

- Their child's health and development
- Relationships with others
- The behaviour of their child

A psychologist can help children to:

- Adjust to an illness or cope with their treatment
- Overcome their fears, for example, of having an injection, having blood taken or having an operation
- Manage their feelings e.g. anger

- Cope with their worries
- Deal with traumatic experiences in their lives
- Understand why they feel sad or lonely and help them find ways to feel happier.

Where are we based?

The Paediatric Psychology Service is based at the Monkmoor Campus in Shrewsbury but we also see children and young people when they are staying in hospital, or if necessary, we can arrange to



visit you at home.

If a member of the paediatric staff think it would help for you or your family to meet with us, they will speak to you and your family about this and then ask us to send you an appointment. We will send details of your first appointment to you, and this appointment will be either at Monkmoor Campus, your home, at a clinic or on the ward if you are in hospital.

What happens next?



At a first meeting we may see families together or we may ask to talk to members of a family on their own. We will talk about things like your child's develop-

ment, their illness or symptoms, school, how they usually spend their time, how they/you have been feeling, things that are going well; and other information about your family. This will help us get a clearer picture of how things have been / currently are.

We will use this information to decide together if further appointments will be helpful, and then talk with you all about how we can work together to help. We might also ask you to complete some questionnaires to give us some extra information. The first appointment usually takes around one to one and a half hours.

We will arrange to meet with you again if we all agree this will be helpful. The psychologist will talk to you and your family about how you are progressing and may suggest different things, which you or your family can do between sessions.