

A GROWN UP'S GUIDE TO PAEDIATRIC PSYCHOLOGY

Who are we and what do we do?



WE REALLY LOOK FORWARD TO SEEING YOU!



Images by Emma Lawrence Illustrations

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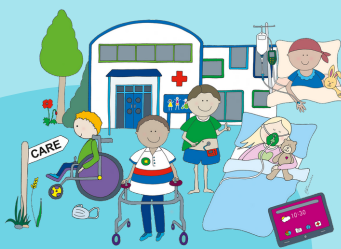


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paediatric-psychology-team

LOCATION



* We are based at **Monkmoor Campus** in Shrewsbury

* But we can also see you and your family at **home**, in **hospital** or at **school** if there are rooms available

* We know it is not always possible or convenient to see someone face to face and so we can discuss the possibility of talking over the **phone**, or by **video** using WhatsApp video or Microsoft Teams

* Before we meet a member of our team will contact you to arrange the details of your first appointment

* We will send you these details once your appointment has been confirmed

We aim to be flexible about where and how we see you depending on what suits you and your family best



As a parent or carer we know you want what is best for your child and so we have created this guide to give you a better understanding of what we do and how we can help you and your family

WHAT DO PAEDIATRIC CLINICAL PSYCHOLOGISTS DO?

- * As Paediatric Psychologists we aim to help children and young people with a **health problem** and their families in times of difficulty
- * We **listen** to any concerns, try to **understand** the situation and help you to find a helpful way forward
- * We work with people by **helping** them to make **changes** for the better
- * We are **not** medical doctors, so we don't prescribe medication or carry out physical examinations

We understand how important **confidentiality** and **privacy** is and so we do not share anything that has been said unless we **really** have to or if you give us permission to speak to other relevant health/education professionals. All our notes are stored securely on an electronic record with the option to keep them **sensitive**

We will **discuss** all of this with you in our **first appointment**

If you have any **questions** please don't hesitate to **contact us**

WHAT HELP WILL BE OFFERED?

This will be **tailored** to suit yours and your family's needs. The nature of your difficulties will determine the way we address the problems

SUPPORT

Some examples of the types of approaches we might use are:

- * Behavioural Therapies
- * CBT (Cognitive Behavioural Therapy)
- * Relaxation and guided imagery
- * Pain management techniques
- * Family interventions

WHY MIGHT YOUR CHILD HAVE BEEN REFERRED TO US?

FOR PARENTS

Worries about your child's health and development

Worries about yours and your child's relationships with others

Worries about the behaviour of your child

We can also talk to sibling's about any worries, concerns or feelings they are having in relation to their siblings health

FOR YOUNG PEOPLE

Help adjusting to an illness or coping with their treatment

Help overcoming their fears, e.g. of an injection, having blood taken, or having an operation

Managing their feelings e.g. anger, and coping with any worries

Dealing with traumatic experiences in their lives

Understanding why they feel sad, or lonely and helping them find ways to feel happier

WHAT HAPPENS NEXT?

At a first meeting we may see families together or we may ask to talk to members of the family on their own



We will talk about things like your child's development, their illness or symptoms, school, how they usually spend their time, how you are all feeling, things that are going well and other information about your family

This information will help us get a clearer picture of how things have been and how they currently are

We will then decide together if further appointments will be helpful and then talk to you and/or your child about their goals and how we can help

We might also ask you to complete some questionnaires to give us some extra information

We will talk to you and your family about how you are progressing and may suggest different things which you can do between sessions

First appointments usually take around one to one and a half hours and any other appointments will last up to an hour. These are usually every couple of weeks but this can vary