

Challenging genetic disorders



Chronic Granulomatous Disorder Research Trust

The Clinical Psychology Support Service for CGD

Information sheet August 2007

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The Clinical Psychology Service funded by the CGD Research Trust

We are pleased to tell you about a new service for our members – the clinical psychology service. The CGD Research Trust aims to provide the support services to answer the needs of our membership. Our new service aims to help individuals who have the condition *and also* their families.

As you know, living with CGD can be stressful at different times and sometimes it is good to have some back up, other than that from friends. Feelings of anger, depression, frustration, unhappiness, isolation are all normal reactions to many circumstances in life. A clinical psychologist can help you to understand and manage those feelings so that they do not overwhelm you. Support can also act as a preventive measure so that depression and intense anxiety can be avoided.

Dr Nigel North is a clinical psychologist based in Salisbury, Wilts. Dr North will be establishing the service in the South of England, and subsequently 'rolling it out' in two other centres, one in the Midlands and the third in the North. For the purposes of the service, the 'South' includes South Wales and in England, Oxfordshire, Gloucestershire and everything south of those counties. Please contact Rosemarie to see if you fall in the region covered.

The Clinical Psychology Service at Salisbury District Hospital

The Clinical Psychology Service at Salisbury District Hospital has existed for approximately 30 years. The department provides a service for people undergoing treatment at the hospital for a wide variety of medical and chronic conditions, injuries sustained in accidents and undergoing surgical procedures.

The department is well respected in the field of clinical psychology as applied to physical health and illness and has developed a wealth of experience and expertise in helping people and their families to cope with illness, injury and surgery.

The aim of this short leaflet is to help people to understand the role of a Clinical Psychologist and to answer some of the questions that people commonly ask.

Who are Clinical Psychologists?

Clinical Psychologists are professionally qualified and are trained to help people deal with a range of emotional issues. Some people are unsure about the difference between a Clinical Psychologist and a Psychiatrist. Clinical Psychologists are not medically trained and so do not prescribe medication. They are trained to help people without prescribing medication, largely through discussion and developing a detailed understanding of their problems. Usually they will have trained for up to eight years firstly in general psychology and then specialising in Clinical Psychology. They do not diagnose people as "mentally ill" and do not have any powers to admit people to hospital on grounds of mental health.

What do Clinical Psychologists do?

A Clinical Psychologist will spend time trying to understand how the experience of an illness or injury has left a person feeling. These feelings can be very individual. Some people may feel very worried or tense, others may feel fearful and hopeless about the future, others may be angry. Strong feelings such as these can be very frightening and leave people unsure of how to cope with them.

These feelings may also affect other family members who can also experience an emotional "rollercoaster" and not know how to cope with them. They may feel guilty about the fact that they are being upset by someone else's difficulties.

These emotions are entirely understandable and Clinical Psychologists have developed a range of techniques to help people recognise these feelings and deal with them in a more effective way.

How can psychology help?

Clinical psychologists may use different types of "talking therapy". The most commonly used approach is called 'Cognitive Behavioural Therapy' or CBT. This helps a person to develop an understanding of their thoughts and feelings and the ways in which these have an impact on us as individuals and the way we behave.

Many people find that the process of talking through these thoughts and feelings can be helpful in it-self and make a problem seem less frightening. Through this process new perspectives can be developed and different ways of thinking about a difficulty and dealing with it. This can then have a positive effect on others areas of a persons' life.

What problems can be helped by a Clinical Psychologist?

Numerous problems can be helped by a Clinical Psychologist. The common difficulties include, anxiety, depression, low self-esteem, feeling as if you are not coping generally, anger and irritability, problems with memory and concentration. There may be other issues that you find difficult and the Clinical Psychologists are always available to discuss these (see below for contact details)

What happens to any information I might tell the Clinical Psychologist?

Some people are concerned about what happens to information they may give the Clinical Psychologist, who has access to this information and who might be told about it.

Information given to a psychologist is strictly confidential. That is the psychologist will not talk about or write about anything you say without your permission.

The only time a Clinical Psychologist may find it necessary to break confidentiality would be if they had good reason to believe that you, or someone else, was at risk of harm.

Who will I see if I attend the Clinical Psychology Department?

The department has four fully qualified Clinical Psychologists. The head of the department is Dr Nigel North and there are three other Clinical Psychologists available. It is the aim of the department to offer a flexible service and so there are both male and female Clinical Psychologists available.

Dr North is quite happy to make an initial visit to you at home, if you would like it. After that, there are also different ways to see Dr North or one of the Clinical Psychologists. You can come to the department in Salisbury, speak to us on the phone or if this is not convenient we can discuss with you the best way forward which may include visiting you at home, if you wish. We would then work out with you the best way to meet your needs and any other issues of relevance.

So how do I arrange an appointment?

Appointments can be arranged in a variety of ways outlined below:

- **Self-referral.** You can complete a self referral form and either send it to the Department of Clinical Psychology, Salisbury District Hospital, Salisbury, Wiltshire SP2 8BJ. Or fax it to 01722 425105. We would then make an appointment with you.
- **Referral by health professional.** You may be offered a referral by a health professional such as your GP, hospital doctor, nurse, social worker physiotherapist or occupational therapist. They will send the referral to us and we will contact you. Alternatively you can ask any of these professionals to refer you.
- **Telephone.** If you are unsure about coming to see us then you might like to speak with one of the Clinical Psychologists on the phone. You can phone 01722 425105 and ask to speak to Nigel North. If he is not available then leave your contact details and he will get back to you.

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Reg. CH. No. 1003425