



Challenging genetic disorders

The CGD Research Trust

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Chronic Granulomatous Disorder Research Trust

Clinical Psychology Service for CGD

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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 or family members. 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 Tony Laurie is a Chartered Clinical Psychologist who works at Salisbury District Hospital. Whilst he leads the support team for people with CGD, there is team of Psychologists and Counselors who are also available. If you have a preference for speaking to a male or a female Psychologist, this preference can be accommodated.

The aim of this leaflet is to help people to understand the role of a Clinical Psychologist and to answer some of the questions that people commonly ask. Hopefully this leaflet will therefore dispel any misconceptions about having support from a Clinical Psychologist.

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.

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. Psychiatrists are medically trained. They can prescribe medication where appropriate to do so. They can also diagnose people as mentally ill and admit people to hospital on the grounds of mental health. These are the key differences to Clinical

What do Clinical Psychologists do?

Psychologists.

Clinical Psychologists do not prescribe medication. They do not diagnose people as “mentally ill” and they do not admit people to hospital on the grounds of mental health.

Clinical Psychologists are trained to help people without prescribing medication. This is largely done through discussion and developing a detailed understanding of an individual’s problems, in finding the ways which people find most helpful in overcoming or coming to terms with these problems. Whilst many Clinical Psychologists have significant extra training, usually they will have trained for eight years; firstly in general psychology and then specialising in Clinical Psychology.

A Clinical Psychologist will spend time developing an understanding of how the experience of an illness, condition 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 use a range of different types of approaches. 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. The way we perceive, think, feel and behave are often more inter-connected than we think.

Many people find that the process of talking through these thoughts and feelings with someone outside of the family or friends network can be helpful in itself in reducing the level of distress experienced. By working through these thoughts and feelings with a Clinical Psychologist, new perspectives can be developed. Different ways of thinking about a difficulty and dealing with it can then be established. This can then have a positive effect on other areas of a person’s 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.

Sometimes people find it hard communicating with other professionals (health and educational). There may be times when input from a Clinical Psychologist may help you indirectly. For example, with your consent, the Clinical Psychologist may approach school staff to offer them some training or feedback on the impact of CGD on you or your child's education, with a view to the school being in a better position to offer some more support. Only information that you have agreed to be shared will be shared with other professionals (see the note below on confidentiality).

There may be other issues that you find difficult and the Clinical Psychologists are always available to discuss these.

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

Some people are concerned about what happens to information they give to the Clinical Psychologist. Concerns often arise as to who has access to this information and who it might be shared with.

Information given to a Psychologist is **strictly confidential**. That is the Psychologist will not talk 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. If this was the case, where appropriate to do so, they would talk to you first.

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

The department has four fully qualified Clinical Psychologists and a Counsellor. Both male and female professionals are available, should you have a preference for discussing your difficulties with a male or a female member of staff.

When you telephone the department, you will normally be greeted by the departmental secretary, who will be able to field your call. Your call will initially be passed to Dr Tony Laurie. If he can't take your call immediately, he will return your call at his earliest convenience.

It is likely that your first contact will be by telephone. If you live near Salisbury, you may be invited to the department. Whether or not you live near Salisbury it may be possible for Tony (or another member of staff) to make a home visit. Following an assessment session (either by phone, in the department or a home visit) we would then work out with you the best way to meet your needs and any other

relevant issues. This may involve referral to more local services.

Dr Laurie is also currently trying to develop another route by which you may access psychological support. This would be by teleconferencing – e.g. by using SKYPE or some similar software so you can have “face-to-face” appointments from the comfort of your own living room (or wherever your computer is based) over the internet. Watch this space for developments on this.

So how do I arrange an appointment?

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

- **Self-referral.** If you are wondering whether you could benefit from some support from a Clinical Psychologist, then you are probably at the stage where you should make contact with the team. The earlier you make contact the better. Having spoken with a member of the team, you may decide that no further support is needed. However, if some support is required, the best way of providing this support can be discussed. You can make contact in a number of ways.

You can telephone the department on 01722 425105.

You can email Dr Tony Laurie at:

tony.laurie@salisbury.nhs.net requesting a call back.

Or you can write to the department (providing a summary of the current difficulties) requesting a call back. Write to: Dr Tony Laurie, Chartered Clinical Psychologist, Department of Clinical Psychology, Salisbury District Hospital, Salisbury, Wiltshire SP2 8BJ.

- **Referral by health professional.** You may be offered a referral by a health professional such as your CGD Consultant, G.P., Hospital Doctor, Nurse or Clinical Nurse Specialist, Social Worker, Physiotherapist or Occupational Therapist. They will send the referral to the Psychology Department who will contact you directly. Alternatively you can ask any of these professionals to refer you.



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