

## We don't

- ✗ Wear white coats.
- ✗ Give you medicine, injections or examine you.
- ✗ Read minds.
- ✗ Give you lie detectors.

## We do

- ✓ Like to talk to you.
- ✓ Ask about any problems you have.
- ✓ Ask about your friends and hobbies.
- ✓ Talk about your home and school life.
- ✓ Play games.

## Is it confidential?

It is important for us to keep what you say private. Although it may be useful for other people such as your family, school or medical team to know some of that information in order to help you. We will discuss with you first whether you want to share this information and who with.

The only exception is if we think you or someone else is at risk and we need to tell someone about it in order to fix the situation. For example if we think there are safeguarding issues.

## How do I get an appointment?

If you would like an appointment just ask your consultant or clinical nurse specialist.

## Further information

- Travel costs: If you receive Income Support or Family Credit you are entitled to claim for transport costs.
- Tell us your views: We always welcome suggestions and feedback and your views are important to us. To make comments or raise concerns please contact our Patient Relations Team on tel: 0118 322 8338. Email: [talktous@royalberkshire.nhs.uk](mailto:talktous@royalberkshire.nhs.uk) or visit: <http://www.royalberkshire.nhs.uk/get-in-touch/pals.htm>



Paediatric Clinical Psychology Department  
Royal Berkshire Hospital  
Tel: 0118 322 7531 (option 1)  
Fax: 0118 322 6618

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Berkshire Healthcare NHS Foundation Trust  
Royal Berkshire NHS Foundation Trust



# Paediatric Clinical Psychology

Information for patients  
and families

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This leaflet is for children, young people and their families to tell them about the Paediatric Clinical Psychology service at the Royal Berkshire Hospital.

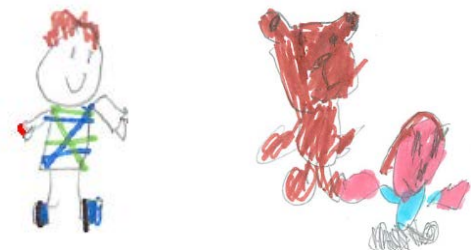
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### What is a Paediatric Clinical Psychologist?

A Clinical Psychologist has been trained to understand how children and young people think, feel and behave. We listen to their concerns and help children, young people and their families cope with difficulties that can come from having a medical condition or treatment. We try to understand their situation and help them make positive changes.

We work with the rest of the team at the hospital including your doctors, nurses, and therapists.

We also have trainee Clinical Psychologists and Assistant Psychologists working with us. You may see us around Children's Clinic or on the wards.



### What can we help with?

We help people with all sorts of difficulties. Below are some of the things we help with:

- Coping with treatments that you might feel worried about.
- Supporting you to live with and manage your medical condition.
- Helping with techniques to make positive changes.
- Strong emotions such as sadness, fear or anger.
- Coping with needles, taking tablets, medical tests and blood.
- Helping you make decisions about your treatment.
- Managing pain.
- Coping with tiredness and depression.
- Coping with changes in weight, eating and body image.
- Worries about how your condition affects your life.
- Dealing with feelings related to your condition, like feeling different.
- Helping with problems such as eating, sleeping, moving or using the toilet.
- Problems getting on with others.
- Worries about school.
- Physical problems that get worse when you worry.

### How do we try to help?

We help everybody differently and have many different therapy techniques, but some of the things we do are:

- Asking questions and talking about anything that you have difficulty with or that you might want help for.
- Asking you to keep a diary of certain feelings or behaviours.
- Playing special games or drawing.
- Finding you a group that you could join to meet other people who are having similar difficulties.

You may only need one or two meetings, or you may need more. It varies for different people and problems.

