



WOMEN'S HEALTH PSYCHOLOGY SERVICES

Information about our service:

Women's Health Psychology Team:

Dr Amelie Bobsien
Counselling Psychologist

Dr Lucy Nicholson
Clinical Psychologist

Helena Curran & Catharine Hunt (Trainees)
Katariina Leivo (Assistant)

What is the Women's Health Psychology Service?

Many people attending hospital clinics find their lives are affected in a range of different ways, including:

- dealing with the physical effects of the condition
- finding it generally hard to cope
- relationships with partners, family and friends are under strain
- worrying or feeling hopeless about the future
- feeling anxious or unhappy
- loss of self-confidence
- wanting to manage their condition or symptoms better

We are a specialist psychological support service for women who are feeling low or experiencing stress and/or worries arising from fertility, antenatal or gynaecological difficulties as well as traumatic birth.

What will happen when I come to my first appointment?

You may wish to come to the first meeting on your own, or you are welcome to bring key relatives or a close friend with you. In this session we will think with you about the difficulties and what you would like to be different. Then we will decide whether this service is best placed to help. Appointments last about an hour.

IMPORTANT TO KNOW:

We are not an emergency service. In urgent matters please contact your GP or A&E.

Generally what you say to your therapist is confidential; however, information is stored on an electronic system which can be accessed by other professionals involved in your care. You will always see any written correspondence between professionals within our team. This includes copies of clinical letters sent to your GP.

To make a self-referral call

Please complete the referral form and forward to:

**Whittington Women's Health
Psychology**

Clinical Health Psychology
Service
Outlook Centre,
133 St Johns Way, Archway,
N19 3RQ
020 7527 1538

Secretary, Dominique Capon:
[cim-
tr.WhittingtonCHP@nhs.net](mailto:cim-tr.WhittingtonCHP@nhs.net)

Who will I see if I decide to have therapy?

Our small team consists of psychologists, trainees and a psychology assistant who specialise in women's health issues.

How many meetings will I have?

Some people benefit from just a one-off session, some prefer to have a short series of sessions and others may prefer a longer period of working together. Generally, we see people for 5-8 sessions. We also offer drop-in sessions and educational workshops.

What about confidentiality?

If we are concerned about your safety or the safety of someone close to you we might have to breach confidentiality. We might discuss with you getting in touch with your next of kin and/ or involve other agencies that can support you. In that case we will make every effort to discuss this with you in detail and get your consent to keep you safe.

How do I make an appointment?

If you are a Whittington patient, you can refer yourself for a psychology assessment by filling in our referral form which you will either find attached to this leaflet or can request from us (see contact details overleaf); alternatively your health care professional, e.g. your hospital doctor, nurse or midwife, can make a referral on your behalf. Upon receipt we will send you an opt-in letter, if appropriate.

Your medical care will not be affected in any way if you decide that you do not wish to pursue psychological support. If you decide not to engage with us, please note that you can always self-refer at a later stage, if appropriate and still necessary.

What happens if I miss an appointment?

The trust has a strict non-attendance policy. If you do not attend or cancel a scheduled appointment, we have to discharge you. If you cannot attend, please cancel your appointment within 24 hours' notice. Please note that we will also have to discharge you if you cancel on two occasions.

You can re-refer yourself but that will mean a bit of a wait until we are able to offer another appointment.

How will psychology help?

TALKING: Your therapist will listen to you and explore your worries and concerns. She will also help you to acknowledge your strengths and provide you with support and encouragement.

CHANGE: With your therapist, you will decide which changes are manageable and the most meaningful to you right now. Therapy sessions then help you to generate strategies for achieving this change.

STRESS REDUCTION: Together therapists and clients generate ideas for coping with stress better.

THERAPY: We may offer specific therapies such as cognitive behaviour therapy and / mindfulness-based therapies according to your needs.

CARE ACROSS DISCIPLINES: To ensure holistic care, your therapist can consult with your other health professionals if you would like them to.

COUPLES AND FAMILIES: The work may involve others who are close to you if you think this will be helpful.

OTHER AGENCIES: We may facilitate a referral to another service if we decide together this would be beneficial.