

## Women's Health Psychology Team

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### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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## WOMEN'S HEALTH PSYCHOLOGY SERVICES

### Information about our service



## What is the Women's Health Psychology Service?

We are a specialist psychological support service for patients and couples under the care of Whittington Health, who are experiencing distress during pregnancy, their fertility/ gynaecological treatment, or following a traumatic birth.

## How can I get referred?

This service accepts self-referrals only from individuals and couples under the care of Whittington Health.

If you would like to refer yourself to our service, please visit our website and download the relevant self-referral form. Please follow the instructions on the front page of each form.

<https://www.whittington.nhs.uk/chp>

*Please be aware that if you are currently pregnant and would like to self-refer, we can only accept referrals for individuals up to 32 weeks of pregnancy. If you are more than 32 weeks pregnant, we would be happy to discuss alternative services with you.*

## What happens after you receive my referral form?

Once we have received your completed self-referral form by email, our team will triage your referral and then contact you to either book you in for an assessment with one of our team, or let you know about other services which might better suit your needs.

In assessments we will probably ask a bit more about your current difficulties, your life in general and a bit about any relevant history. We will then agree a plan with you based on what best suits your individual needs and hopes for any psychological therapy. If we think this service is best placed to help you then we will add you to our waiting list for therapy sessions. If we think another service would better suit your needs, we will discuss the options with you.

We offer between 6-8 therapy sessions with a psychologist or trainee psychologist in the team. Currently, we offer face to face and, where appropriate, virtual/phone sessions. Therapy sessions involve an integration of a range of therapeutic approaches that best meet the patient's/ couple's needs.

For those who are pregnant, we can offer psychological support up to 3 months postnatally. If at that point you require any further support, we can discuss options with you.

## How could psychology help?

**TALKING:** Your therapist will listen to you and explore your worries and concerns. They 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.

**THERAPY:** We may offer specific therapies (e.g., cognitive behaviour therapy, or compassion-focused therapy) according to your current 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 would be helpful.

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