

What to expect when visiting a Clinical Psychologist

Our service offers help to young people and their families throughout their illness and treatment.

Your hospital doctor has asked us to meet with you.

We see lots of young people who attend the hospital on a regular basis and have an ongoing medical condition

We ask about a range of things to help us understand the problem:

- Birth
- Development
- Family life & School
- Illness
- Worries
- Things that are going well

We let your medical team and GP know how you are progressing - but will not talk to anyone else unless you say it is o.k or we think you are at risk.

We might ask you to complete some diaries, tests or questionnaires to give us more information and will share the relevant findings with you.

We discuss your behaviour, thoughts and feelings and together build a picture to understand the problem.

We will work together to develop new ways of coping and thinking about things.

We will offer advice and plan a way forward with you and your family.

We work alongside the medical team to help you adjust to or cope with your medical condition. Often we work with other professionals in the hospital such as **dieticians, nurse specialists, physiotherapists, speech and language therapists.**



WELCOME TO THE Paediatric Clinical Psychology Service



For further information you
can contact us at:

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