

How do the appointments we offer work?

We usually offer 50-60 minute appointments. We offer one-two sessions to start with, to decide with you what the main problems are and for us to decide together what support might work best for you. Some people only need to see us once or twice. Other people may meet with us over several months.

We may offer you a place on a group or an appointment with a Trainee Clinical Psychologist: a Trainee Clinical Psychologist is a Psychologist who is completing their training under our supervision. Should you have any concerns about being seen by a trainee, then please let us know as soon as possible.

Should we believe that a different service could better meet your needs we will discuss this with you.

Appointments involve talking about the difficulties you are experiencing with the aim of developing greater self-awareness and focusing on changes you wish to make. Some people may find the idea of talking to a psychologist difficult however most people find it a relief once they have made the decision to do so.

Demand for our service is high. Therefore please let us know as soon as possible if you can't attend an appointment. This means we can offer the appointment to someone else.

How to contact the service

Clinical Health Psychology Service Holywell
Hospital Site, 60 Steeple Road, Antrim BT41 2RJ

Tel: 028 9441 3127


Email: psychology.bvh@northerntrust.hscni.net

Our Vision

To deliver excellent integrated services in partnership with our community

Clinical Health Psychology Service

If you would like to give feedback on any of our services please contact:
Email: user.feedback@northerntrust.hscni.net
Telephone: 028 9442 4655

 Northern Health and Social Care Trust

 @NHSCTrust

www.northerntrust.hscni.net

Our Values

COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

What is Clinical Health Psychology?

Clinical Health Psychology is the application of psychological theory and practice within the context of physical health and its management. As Clinical Psychologists we are trained to understand how humans respond to physical health conditions and physical ill health. We are also trained to understand and support people with emotional health problems. We do not prescribe medication. We use talking therapies as a means to support clients to better care for their own emotional needs.

Why have a Clinical Health Psychology Service for people with Physical Health Conditions?

When someone has a physical health condition, particularly one that has to be dealt with on a day-to-day basis, it can increase demands on everyday life. Physical health conditions are known to be both emotionally and behaviourally challenging. Stress, distress and worries can be caused by having a health condition. This can relate to the daily demands of managing the health condition, but also the impact having a health condition has on quality of life and living the type of life you want to live.

How people manage their emotional health can have an impact on physical health and its management.

Here are some of the problems that might bring people to meet with us:

Upset and distress about the health condition, the changes it has brought and the demands of managing it.

Worry about physical symptoms or treatments.

Low mood, low self-confidence, low self-esteem, decreased quality of life, feeling disempowered – as a result of having the health condition.

Difficulties managing the condition effectively because of how you feel about it, or because of other emotional problems.

It may be that you have emotional problems or struggles that are not related to your health condition, which you may wish to seek advice about. We will advise you of relevant services should this be the case.

Please also visit our webpage for information about our service or other services that may be of benefit to you.

www.northerntrust.hscni.net

When would we meet a Clinical Psychologist?

Adults who are diagnosed with a health condition can access this service at any point if they feel it would be useful to them.

Should you wish to meet with a member of our team you can speak with any health professional involved in your care who can organise a referral.

Confidentiality and information sharing

The information you provide is private and confidential within the context of the care the NHS provides you. Relevant information will be shared with your GP and medical team. This will be discussed with you at your first appointment with the service.

Waiting Times

Following your referral to our service we aim to see you where possible within 13 weeks. You will be asked to confirm that you want to attend the service.

Should you decide that you no longer wish to receive an appointment with the service please let us know so that we can offer your waiting list place to someone else.