



How can I meet with a Clinical Psychologist specialising in Health?

**Talk to anyone in your medical team about being referred, or contact the Paediatric Clinical Health Psychology Service on 01463 705597**

- Dr Tracy McGlynn  
Consultant Clinical Psychologist
- Dr Louise Harrold  
Principal Clinical Psychologist
- Dr Sophie Little  
Clinical Psychologist

This service is part of the Child and Adolescent Mental Health Service (CAMHS), based in the Phoenix Centre, Raigmore Hospital. Details of the services and a CAMHS referral form are available at [www.camhs-nhshighland.com](http://www.camhs-nhshighland.com)

"You may not feel that you or your child would currently benefit from psychological support at this time. However, the service is available at any stage throughout ill health, and after treatment has finished. If at any point you feel that you or your family may require further emotional support from this service, please get in touch."

We are a small growing service made up of two Clinical Psychologists and an Assistant Clinical Psychologist. Trainee Clinical Psychologists join our service for placements also.

To try and make our service more accessible to families we invite you to telephone us and ask to speak to a member of the Paediatric Clinical Health Psychology team if you would like to discuss how our service may be able to help. Our service is for those children with a medical illness under the care of a Consultant Paediatrician.

We work closely with the hospital Play Specialist Team. If your child/young person is anxious about treatment or a procedure, please ask a member of the medical team to be referred to them in the first instance.

# Paediatric Clinical Health Psychology

A service to support children & their families cope with chronic illness, treatment & managing life

## Information for Parents and Carers



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## What is a Clinical Psychologist?

A Clinical Psychologist specialising in health works with young people affected by a chronic health condition, their families and the professionals involved in their care. It is a growing area which recognises that people's emotional well being is vital for optimal coping with ill health. The aim is to reduce distress, improve psychological well being, and improve health outcomes by helping with difficulties with treatment.

## What can we help with?

### Parents/Carers

- Coping with own thoughts and feelings about the child's illness and/or symptoms.
- Awareness of impact of own emotional well-being on child's illness.
- Preparing and supporting child for future treatment/changes in lifestyle.
- Balancing the demands of parenting a sick child with other personal and family needs.
- Considering any sibling's feelings about the illness and the implications for their life.
- How to answer questions asked by a child with physical illness, and those of friends and family members.
- As your child transitions into adolescence, we can help deal with how to give them greater independence and more control over their treatment.

### Child/Young Person

- Behavioural and/or emotional difficulties which are associated with an underlying medical illness.
- Trauma based work to address any medical experiences that have felt overwhelming.
- Helping increase motivation in a person struggling to keep to their treatment plan.
- Thinking about choices about treatments and/or life changes (e.g. changes in treatment).
- Preparation for hospitalisation, procedures, treatment and surgery.
- Dealing with issues that may arise such as a fear of needles/procedures, change to physical appearance and body image, and managing pain.
- Consideration and discussion of effects on a child/young person at present and in future (e.g. infertility, life-limiting implications, adjustment to diagnosis and treatment, informed consent and participation, and end of life concerns).

"Children with a physical illness are more likely to successfully manage the challenges presented by their medical condition if both their physical and psychological well-being are addressed"



"We aim to give advice and support,  
To help plan a way forward."

## What do we do?

- Initially, we ask about various things (e.g. illness, family life, worries, school and growing up, and things that are going well) which can help us understand the difficulties your child may be experiencing.
- Each appointment lasts about 50 minutes.
- We provide emotional support and help you and your family to develop ways to cope better in your day to day life, and maximise quality of life after treatment.
- We understand that you may feel worried or apprehensive about an appointment. Our role is to help you feel comfortable enough to discuss your thoughts and feelings.
- Some brief notes will be taken and a letter will be sent to you and your medical team/GP, summarising how we may be able to help. Anything you don't want included in this letter can be discussed.
- Respecting your privacy is important to us. All information disclosed will only be discussed with other professionals if you agree to it, or if is essential for an individual's safety.