

Consent

At your first meeting the psychologist will ask your permission to ask you questions about any problems you may have.

Confidentiality

Everything that you talk about with the psychologist will be treated as confidential.

The psychologist will write to your doctor to let them know how you are getting on. If there is information you do not want your doctor to know you can discuss this with the psychologist.

If the psychologist is concerned that your life or the life of someone else may be in danger they are by law obliged to inform others.

Appointments

You will be given an appointment to meet with your psychologist at a specific time. Meetings last up to 1 hour.

If you can not attend your appointment it is important to contact the psychologist as soon as possible to arrange a new time.

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Helping Children Cope

Information for Teenagers About the Respiratory Clinical Psychologist



Why Do I Need To See a Clinical Psychologist ?

For some young people and their families, chronic illness can be the cause of worry and stress.

The Clinical Psychologist will talk with you and your family about any worries you may have. Talking can help the psychologist to understand how you feel about your illness and how you feel it may be affecting the way you are.

Together we can find ways of helping you cope better.

Meeting with a psychologist does not mean that we think your illness is “ all in your head” or not real.



Some Reasons You May Like To See The Psychologist

- Coming to terms with your illness
- Pain management
- Anxiety
- Relationship problems
- Concerns about how to explain your illness to friends
- Bullying and teasing
- School/ College worries
- Family tensions
- Concerns about body image or appearance
- Depression
- Worries about treatment

What Will Happen at The First Meeting ?

During your first meeting, the psychologist will explain how they can offer you help.

You will be asked a number of questions about your illness, your worries and your feelings.

After your meeting the psychologist may wish to talk to your family, and others who are involved in your care.

What Will Happen Next ?

During your meeting you will agree with your psychologist how many more times you will meet.

You both may decide that meeting with another member of the respiratory team may be more helpful to you.

You may decide that you don't need to meet with the psychologist again.