

# Clinical Psychology in Cancer Services



## INFORMATION FOR PATIENTS

### ABOUT

## Psychological Therapy for people living with a cancer diagnosis

This information is available in other formats on request. Please ask your nursing staff to arrange this

## The Emotional Impact of Cancer:



- What happens when you receive a diagnosis of cancer?
- What do you think?
- How do you feel?
- How will you cope?
- How will your family react?
- How will you react to treatment?

Most people experience fear because the questions come thick and fast, but the answers are not always so quick to follow. So the sense of threat, and therefore, anxiety remains. Over time this can wear you down to the point where you:

- Lose confidence in your ability to cope
- Stop being able to enjoy things like you used to
- Feel overwhelmed
- Want to withdraw
- Feel irritable and angry

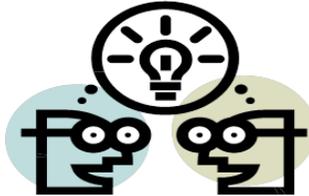
If these feelings affect you we might be able to help. Your clinical nurse specialist will be able to support you through many of these issues, but you may both decide that speaking to our clinical psychologist would be helpful.

### How Might Psychological Therapy Help?

Talking to our Clinical Psychologist provides you the opportunity to “tell it like it is,” without worrying that you are upsetting or burdening someone close to you. This might be a relief in itself.

Telling your story will help you to work out a framework for understanding why you are feeling the way you do at this time. Identifying your strengths and vulnerabilities will enable you to

decide what you need to change, and what approaches would help you to achieve this. This might involve learning to think or react in different ways. It might involve learning new techniques like relaxation, meditation or breathing exercises.



There is no right or wrong way to react to cancer, so this is an opportunity to find out what works for you.

### How do I go about getting an appointment?

The staff involved in your care are interested in both your physical **AND** emotional wellbeing. If you feel that psychological therapy may help you;

- Mention this to any of the health care professionals you see and feel comfortable with.

This may include;

- Nurses, doctors, dietitian, volunteers, clinical nurse specialist, complementary therapist, welfare and benefits adviser or cancer information and wellbeing manager.

### What support is available for carers?

If you are caring for someone with a cancer diagnosis and feel that you would benefit from psychological therapy then you can also access the service for support.

- Mention this to any of healthcare professionals you see when you visit the centre with the patient.

- Ask your GP to make a referral on your behalf.

### The first appointment

After you have been referred you will receive an appointment letter through the post. If you are unable to attend for any reason, please let us know as soon as possible so we can rearrange.

You will be seen in a quiet and comfortable room in the Sir Robert Ogden Macmillan Centre. If you would like to - you can bring along a relative or a friend with you. The appointment will last for about one hour.



You will be asked to describe the things that are troubling you. We know this is not always easy, but please remember you are there to be listened to and understood, NOT to be judged.

After the first meeting you can choose whether to have further appointments. If you feel this would be helpful for you another session(s) will be arranged at a time that is convenient for you.

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