

## Contact us

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For information on Trust services  
[www.awp.nhs.uk](http://www.awp.nhs.uk)

## PALS

To make a comment, raise a concern or make a complaint,  
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(PALS).

Tel: 01225 362900  
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## Other formats and languages

If you need this information in other formats (such as  
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Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

## Clinical psychology for men at Fromeside

This leaflets tells you what the  
clinical psychology service offers men at Fromeside  
and how to access the service

**You matter, we care**

## **The recovery approach**

All the male wards in Fromeside use the recovery approach.

This approach is a way of staff and service users working together to increase your choices and involvement your care.

Psychology can help you towards recovery by working with you to understand what led to you coming into hospital, to help identify some of your needs and the help that you may need to reach your full potential and live a fulfilling life.

## **What can clinical psychology do for me?**

Some service users find it hard to express difficult feelings, and may act in ways that can cause problems for themselves or others.

Clinical psychology can help you to have a better understanding of yourself and can teach you more helpful ways of responding to difficult and stressful situations.

### **Quote from a service user:**

“It’s a place where you need to be honest and open, no matter how you feel, to be able to take anything away from it.”

## **Confidentiality**

Clinical psychologists work as part of a multidisciplinary team.

We share important information with the team to provide you with the best care. This may be done verbally and/or in writing.

We may also need to let nursing staff know how each session has gone in general, so you can get the support you need.

This means that some of the things you talk about in sessions may be discussed with members of the team on a ‘need to know basis’. This is particularly relevant to issues about the safety of others or your own safety.

As much as possible, the psychologist will let you know what information is shared with the team as well as other services outside Fromeside, who may be involved in your future care.

## Why would a psychologist want to talk to me?

Although a clinical psychologist will have access to your file notes, they will want to talk to you for some of these reasons:

- To hear about your experiences in your own words
- To find out more about what your needs may be
- To work out what treatment may help
- To assess if you are ready for any psychological work recommended (for example, by another professional or as part of your legal status).

## The therapeutic relationship

It is important that you feel comfortable talking to your psychologist. This usually gets easier after a few sessions, as it takes time to build a good therapeutic relationship.

If you feel unable to work with your psychologist, your clinical team will need to consider all the factors. They will support you to change your psychologist where possible and if this will help you.

## What training does a clinical psychologist have?

A clinical psychologist has a university degree in psychology and a doctorate in clinical psychology.

During training they will have gained considerable experience working with people with mental health problems.

Clinical psychologists are not medical doctors and will not prescribe medication.

Their work is focused on how people think, feel and behave.

## How can I get to see a clinical psychologist?

It will be your choice whether you wish to see a psychologist. Your team will support you to do this if it will benefit you.

Clinical psychologists regularly attend Patient Care Reviews (PCR) and Care Plan Approach (CPA) meetings, where they will support you and the team to think about your recovery.

You can ask your named nurse to contact your team clinical psychologist and ask them whether and when they could see you.

Your team clinical psychologist(s) will introduce themselves to you at the best time for you.

They will answer any questions or concerns that you may have about psychology.

## What does a clinical psychologist do?

### Assessment

An assessment is the first stage. The purpose of this is to understand more about your mental health, emotional and social needs and to help plan your care.

Assessments usually take place over several sessions. You may talk about your past, what brought you to Fromeside, what help you think you may need and what you see as your main strengths.

You may also be asked to complete some questionnaires during the assessment. These will help you and the team to gain a greater understanding of yourself.

### What happens next?

Information from the assessment will be used to build an understanding of your situation, to suggest what may help and to make plans about your future care needs.

The information will be used to write a report. Some information may also be taken from your clinical notes.

We will discuss the report with you and other people involved in your care such as psychiatrists and other relevant professionals.

## Therapy

Clinical psychologists are trained in a number of therapies.

Therapy is used to:

- increase your self-awareness
- improve your social relationships
- promote your safety and the safety of others
- teach you skills for dealing with problems which may arise on the ward and/or later on in your life

You and your psychologist will agree the aims of therapy. You can talk about a range of topics such as past experiences, relationships, difficult feelings and behaviours that have caused you problems

Therapy may take place on a one-to-one basis or in a group with other service users. It may also involve sessions with members of your family, if this is relevant to your care.

If you start psychological work, the psychologist will aim to work with you until this is completed, even if you move to a different ward within Fromeside.

You and your psychologist will agree on when, where and how often to meet. The work will progress at a pace you feel comfortable with.