



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Psychology Service In Anorectal Physiology



Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email patient.advice@asph.nhs.uk. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Dr Rosie Odhuba

Department: Anorectal Physiology

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Further support:

<http://www.nhs.uk/Livewell/incontinence>

<http://www.aboutibs.org/site/treatment/psychological-treatments>

<http://www.bladderandbowelfoundation.org/>

The Psychology service

A health professional has referred you to psychology within the Colorectal service. This leaflet aims to introduce you to the psychology service available to patients within the Colorectal and Anorectal Physiology Department so that you can then decide whether or not you would like to opt in to this part of the Colorectal service. The psychology service offers cognitive-behavioural, acceptance and mindfulness based approaches to help with living well with a bowel problem. There is also a bowel focused clinical hypnosis service for those who may benefit from this.

Why have I been referred to the psychology service?

We recognise that a bowel problem can have a significant impact on your life. The psychology service aims to explore how your bowel problem impacts on you emotionally and whether this emotional reaction may exacerbate bowel symptoms. You have **not** been referred because the doctors think that your problem is purely psychological, as even with a clear physical health problem, there will be an emotional reaction that might be improved with psychology input. We aim to discuss ways to move forward, helping you to manage or improve your bowel difficulty while doing the things that are important to you in your life.

The initial assessment

You will meet with a clinical psychologist for approximately 1 hour to reflect on your experience of living with your bowel problem and how it impacts on you. This also provides an opportunity to consider possible options for psychological treatment if this appears to be appropriate following assessment

What are the options following assessment?

After exploring the difficulties and the psychological element to these, you will have the opportunity to decide with the psychologist, whether a course of individual psychology sessions may be useful. Or, it may be that another service would be more appropriate. For some, the initial assessment is enough to move forward independently and you may not require anything further. However, if you and the psychologist decide to work together then you will agree on the goals you would like to work on to improve your situation. Following assessment, a brief letter is written to your GP (and also sent to you) explaining the main issues and the development of these along with the goals and treatment plan.

During sessions, several strategies would be taught and practised that should prove helpful in managing your difficulties and improving your quality of life. This would normally mean talking things through over the hour session, practising strategies in session and then going away to apply them to your real life. Then returning to discuss how that went and making any adjustments that are needed.

What happens now?

After reading this leaflet, if you would like an initial assessment with a Clinical Psychologist **please phone: 01932 723861**, either leaving a message or speaking to the Anorectal Physiology secretary asking for an appointment with the Clinical Psychologist.

Multiple non-attendance or on the day cancellations

Patients will be put on hold and an appointment offered to the next patient waiting. An opportunity to be rebooked if the patient rings to explain that they would like another appointment may be given on a discretionary basis.