

## What if I want to continue with the counselling?

If you wish to continue with the counselling after you have used up your allotted sessions, your Counselling Psychologist will give you further information on accredited practitioners.

Alternatively, if you wish to continue seeing the same Counselling Psychologist, you will be required to pay fees to London Bridge Hospital for the extra sessions. Your insurance company may agree to pay for these if your consultant writes a letter on your behalf. You can obtain further information from your Counselling Psychologist.



London Bridge Hospital

# PSYCHOLOGICAL COUNSELLING SERVICE FOR CANCER PATIENTS

### How to find us:

London Bridge Hospital is situated on the South Bank of the Thames. We are next to London Bridge mainline and underground stations with easy access to the city. Please note: no right hand turn from Borough High street into Duke Street Hill.

31 Old Broad Street is situated on Old Broad Street in the heart of the city and next to Tower 42 (formerly the Natwest Tower).

### London Bridge Hospital

27-29 Tooley Street, London SE1 2PR

Telephone 020 7407 3100

Fax 020 7407 3162

E-mail [info@lbh.hcahealthcare.co.uk](mailto:info@lbh.hcahealthcare.co.uk)

Website [www.londonbridgehospital.com](http://www.londonbridgehospital.com)

### GP LIAISON

A service for GPs and patients who require assistance with referrals to consultants and Hospital services.

Opening hours: Monday-Friday

08.30-17.30hrs

Telephone: 020 7234 2009

Fax: 020 7234 2019

## WHAT IS PSYCHOLOGICAL COUNSELLING?

Psychological Counselling is a 'Talking Therapy'. It can help patients gain insight and manage problems or difficulties they may have. Many people find counselling particularly helpful when they are going through difficult stages in their life, such as a cancer diagnosis.

### How can Counselling help?

Counselling is increasingly used alongside conventional medicine and is recognised by the Department of Health's Cancer Plan 2000 as an integral part of the cancer patient's treatment.

Counselling can help with the following problems:

- Difficulty coping with the impact of diagnosis.
- Difficulty communicating with family, children, friends or carers regarding diagnosis and treatment.
- Feelings of anxiety, depression, fear, sadness or anger.
- Relationship difficulties.
- Sexual problems resulting from diagnosis.
- Coping with the side effects of treatment.
- Lack of confidence or low self-esteem.
- Issues of bereavement or loss.

### Who carries out the counselling?

The counselling is carried out by a Counselling Psychologist who has many years experience. She is chartered by the British Psychological Society and abides by the Society's code of Conduct and Professional Practice.

### What happens during a counselling session?

The Counselling Psychologist will normally start the session by taking your personal details such as your name, address, the name of your consultant and your diagnosis. She will explain the 'Counselling Contract' and ask you to sign a consent form to indicate that you understand the nature of the contract.

Your session will last for 50 minutes, when you will have the opportunity to talk about the diagnosis, treatment and the impact that it has had on your life. The Counselling Psychologist will help you to look at the problem or issue and work towards a solution.

### How do I see the Counselling Psychologist?

There is a designated consulting room in Emblem House, London Bridge Hospital, where you will be seen while you are an outpatient. As an inpatient, you can be seen in your room.

You may also have short follow up sessions in the Chemotherapy Day Unit whilst you are having your treatment.

### How confidential are the sessions?

All issues discussed in the counselling session are confidential except when the patients are considered at risk of harming themselves or others. The psychologist will abide by the professional guidelines and codes of conduct - she is also part of the multi disciplinary team at the London Bridge Hospital.

### How do I make an appointment?

You can make an appointment for counselling by contacting Gillian Garman the Oncology admin assistant on 020 7234 2571.

The counselling sessions take place on a Friday morning between 09.00am and 1.00pm.

### What if I want a couple or family session?

You may also have the counselling session with your partner. Please mention this at the time of booking.

Family sessions are also available by arrangement.