

## 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.

## 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 the Counselling Psychologist.

## CONTACT

For more information on our Psychological Counselling Service for cancer patients or for assistance with Consultant referrals, please contact our GP Liaison Team on:

Telephone: **020 7234 2009**

Fax: **020 7234 2019**

Opening hours:

**Monday-Friday, 8.30am – 6.00pm**



## HOW TO FIND US:

**London Bridge Hospital** is situated on the South Bank of the Thames. We are opposite 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.



**London Bridge Hospital**

27-29 Tooley Street, London SE1 2PR  
Tel: 020 7407 3100 Fax: 020 7407 3162  
Email: [info.lbh@hcahealthcare.co.uk](mailto:info.lbh@hcahealthcare.co.uk)  
Website: [www.londonbridgehospital.com](http://www.londonbridgehospital.com)



**London Bridge Hospital**

# PSYCHOLOGICAL COUNSELLING SERVICE FOR CANCER PATIENTS



# WHAT IS PSYCHOLOGICAL COUNSELLING?

Psychological Counselling is a 'Talking Therapy'. It can help patients gain insight and manage problems or difficulties they may be experiencing. 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 recognized by the Department of Health's Cancer Plan 2000 as an integral part of a 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 around bereavement and loss.

## WHO CONDUCTS THE COUNSELLING?

The service is led by Maureen Royston-Lee, who is a Consultant Counselling Psychologist with many years' experience working with cancer patients. She is chartered by the British Psychological Society and abides by the Society's Code of Conduct and Professional Practice. She is registered with the Health Professional Council.

## 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. Your session will last for 60 minutes, when you will have the opportunity to talk about the diagnosis, treatment and the impact that it is having 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?

For outpatients there is a designated consulting room in the Chemotherapy Day Unit for afternoon sessions. As an inpatient, you can be seen in your room.

## 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 Counselling Psychologist will abide by the professional guidelines and codes of conduct, and is also part of the multidisciplinary team at London Bridge Hospital.

## HOW DO I MAKE AN APPOINTMENT?

You can make an appointment for counselling by contacting the Oncology Ward and requesting an appointment on 020 7234 2350.

The counselling sessions take place on a Friday between 9.00am and 6.00pm.