

### **What about confidentiality?**

Our discussions are held privately on a one to one basis. All information is treated as confidential and would only be discussed with other members of the team if you agree to this. Your psychologist is legally obliged to notify your doctor or other health professional involved in your care if there is any significant risk to your own safety or the safety of others. Information from sessions will not be given to others such as family members (unless you specifically ask for them to be involved).

### **For further information**

#### **Burns Unit Group Support.**

A charitable support group for people who have been burned and their families/carers.

[info@burnsupportgroupsdatabase.com](mailto:info@burnsupportgroupsdatabase.com)

#### **Changing Faces.**

Free help and support for children and adults who have any sort of disfigurement.

[www.changingfaces.co.uk](http://www.changingfaces.co.uk)

#### **Manchester Burns Advisory Group**

Offers an informal meeting place for burns survivors and their loved ones.

[www.mbag.co.uk](http://www.mbag.co.uk)

#### **Phoenix**

Peer support, education, collaboration and advocacy for quality burn care and burn prevention at the national level.

<http://phoenix-society.org>

If you have any concerns, compliments or complaints or would like information about the services you are receiving please contact the Patient Experience Team on 0161 291 5600

The clinical psychologist in the Burns Care Service can be contacted on:

Tel: 0161 291 6314

Mon – Fri 9am - 5pm

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# **Clinical Psychology in the Burns Care Service**

## **Information Leaflet**



In the Burns Care Service, we aim to address all aspects of your burns care and rehabilitation. The Burns Team includes doctors, nurses, physiotherapists, dieticians, occupational therapists and a clinical psychologist.

This leaflet provides information about the work that the clinical psychologists do and when it may be useful to see them.

### **What is a clinical psychologist and what do they do?**

Clinical psychologists work with people who are having difficulties in their life and would like help in coping with these difficulties. Clinical psychologists have undertaken several years of specialist training in psychological assessment and therapy.

With regards to burn injury, medical and surgical advances mean that more people survive bigger and more traumatic burn injuries. There is an increased need to focus on the psychological challenges presented by surviving increasingly large and complex burns. For example, post trauma reactions, emotional reactions to scarring or disfigurement, adjustment to physical limitations.

Whilst it is normal to feel emotionally overwhelmed following a traumatic event, clinical psychologists work with people to help them cope with the stresses and demands of the burn injury. Clinical psychologists may be able to give advice about different ways of coping with distress to help manage problems more effectively.

The aim of psychological therapy is usually:

- To help people make changes in the way that they feel, act or think
- To help people understand and cope with their problems more effectively

### **When might it be helpful to see a clinical psychologist?**

Emotional support is available from many other members of the Burns Team. Much of the time you may find that talking through your problems with these people, or your own support at home, will be enough to help you cope. If however this does not resolve the situation the clinical psychologists may be able to offer some further support and specific advice on how to deal with some particular issues.

Problems that the clinical psychologist may be able to help with include the following:

- acute or post traumatic stress:
  - Nightmares
  - Flashbacks
  - Intrusive thoughts and images about the accident
- coping with treatment
- worries, fears, anxiety or panic attacks
- feelings of depression or low mood
- sleeping problems
- managing pain
- low confidence or self-esteem
- problems with anger
- adjustment to scarring or changed appearance.

### **Clinical psychology in the Burns Care Service**

The clinical psychologist who works in the Burns Care Service attempts to meet with all patients admitted with significant burn injuries. If you have not had the opportunity to meet them yet but would like to, please ask one of the nursing staff who will arrange it for you.

If you are an outpatient, you can talk to one of the outreach nurses about arranging an outpatient appointment with the clinical psychologist.

### **What will happen when I see a clinical psychologist?**

The aim of this meeting is to assess how you are coping following the injury and discuss any problems you may have.

Further information will be given to you about the type of support we can offer. We can then decide together whether this would be useful to you or not. Further appointments can be arranged to look at particular problems or worries.

The number of appointments varies according to individual needs. Often a few initial sessions will be suggested to work towards a particular goal. We can then look at your progress together and agree whether or not any further work is needed.

Every effort will be made to fit appointments around your commitments and clinic times.