

WHAT THERAPIES MIGHT I BE OFFERED?

There is a wide range of psychological therapy and a cognitive behavioural approach (CBT) is frequently used in the Pain Clinic. CBT focuses on how people think about and create meaning about the things they experience and how people develop beliefs about themselves and others. Other approaches such as mindfulness and acceptance are also proving to be of benefit with on-going pain. Your psychologist will discuss their plans for therapy and work together with you using whichever approach seems most helpful for your situation.

WHERE CAN I FIND OUT MORE ABOUT PSYCHOLOGISTS?

All Clinical Psychologists working in the NHS are registered with The British Psychology Society (BPS) and Health Professions Council (HPC). The HPC is responsible for overseeing psychologists and all psychologists registered with the HPC follow a code of conduct, ethical guidelines and professional practice guidelines.

Further information can be found online at www.hpc-uk.org. The British Psychology Society provides information about the work of psychologists at www.bps.org.uk.

WHO WILL I SEE?

The Clinical Psychologists working in the Pain Management Clinic are:

Dr Ann Gold
Consultant Lead Clinical Psychologist

Ms Alison Lane
Clinical Psychologist

Dr Nicky Smart
Clinical Psychologist

From time to time other psychologists work with us, sometimes as part of a training programme.

You will probably already know our invaluable administrative staff:

Mrs. Polly Anderson

Mrs. Julia Williams

You can contact the Pain Clinic or leave a message at any time on the number on the front of this leaflet if you have any further queries about your appointment.

WHERE ARE WE?

We are based in a one-storey building, separate from the main hospital near the Coombe Road entrance.

KINGSTON HOSPITAL NHS TRUST



THE CLINICAL PSYCHOLOGY SERVICE AT KINGSTON HOSPITAL PAIN CLINIC

INFORMATION FOR PATIENTS

PAIN MANAGEMENT SERVICES
KINGSTON HOSPITAL
GALSWORTHY ROAD
KINGSTON UPON THAMES
SURREY
KT2 7QB

TEL 020 8934 2563 / 2453



INTRODUCTION

The Kingston Hospital Pain Clinic aims to help patients who experience problems with chronic pain.

The multidisciplinary pain team comprises anaesthetists, physiotherapists, clinical psychologists, an acupuncturist, an alexander technique teacher and administrative staff all working alongside colleagues in Primary Care to provide assistance to people's long term pain problems.

The Psychology Service at Kingston Hospital Pain Clinic is for patients who experience high levels of distress or disability associated with their pain.

After referral, you will be seen individually for assessment and this leaflet gives you information to prepare for your appointment. You are welcome to bring someone with you if you wish.

Many patients' first reaction to being referred to a psychologist is to worry that whoever referred them thinks that their physical pain is not real. Rest assured that this is not the case. Please contact us if you have any questions prior to your appointment.

HOW CAN A PSYCHOLOGIST HELP?

In addition to physical limitations the emotional element of pain can be very hard to manage. A psychologist will focus on how you cope with living with pain, make sense of your situation and how this can affect your emotions, thoughts, behaviours and relationships.

Living with long term pain can alter your life in ways that are not constructive or pleasant. You can begin to feel trapped and unable to escape the negative cycles of pain. Our psychologists will help you understand and learn to cope with themes such as confusion, loss, threat, change, uncertainty and altered plans and hopes for the future.

Our psychologists may also identify and assist in the management of emotions such as frustration, anger, guilt, blame, bitterness, self-criticism, feeling low, hopelessness, fear and worry.

Together with your psychologist, you will consider how you can begin to change things for the better, so that you feel able to move forwards with your life once more. This will involve learning strategies to help regain some control and also learning how best to live with and accept those things that may be beyond your control.

WHAT CAN I EXPECT?

All appointments are held on an outpatient basis in the Pain Clinic and will last up to an hour.

At your first meeting the psychologist will listen to your experience of pain. You may like to think about the ways pain is affecting your life. This may include interactions and relationships with others, ability to complete physical tasks, concentration, sleep, self confidence and belief in yourself. You may like to bring someone to support you.

The Psychologist will reflect on everything that you have spoken about and usually make plans to work together with you over a number of future sessions, either on an individual or a group basis. The number of future sessions is different for everyone.

You will not have to discuss anything that you do not wish to talk about or respond to any questions you are not comfortable in answering. Psychologists adhere to professional guidelines on confidentiality and so you can talk in confidence.