The Authors

The information for this leaflet came from past clients who volunteered to be Patient Champions and from comments clients have made at the end of therapy.

This information leaflet was put together by Lucy Lovell, Trainee Clinical Psychologist, Dr Louise Powls, Clinical Psychologist and Dr Alan Blair, Consultant Clinical Psychologist / Clinical Director of Health Psychology Service.

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Patient Advice and Liaison Service (PALS)

We provide confidential advice and support, helping you to sort out any concerns you may have about the care provided by the NHS and guiding you through the different services available. PALS can give information and help you get the best from your care.

Contact PALS:
Derbyshire County Primary Care Trust 0800 783 7279
Why do people come to Health Psychology?

“Mood got blacker and blacker” and “constant pain” Jane

“Epilepsy” and “My mind would dwell on the unhappy times of my life, food was my only comfort.” Linda

“Fibromyalgia…felt unheard…major life-trauma… pain… depression…blackouts and confusion…2 major operations” Kate

“I have suffered with a lot of head pain, not headaches, very like migraines” Joanne

“Very bad pain (arthritis)...I needed help with the pain” John

“I was preoccupied by thoughts of my diabetes in the same way a teenager becomes preoccupied by their first love.” “A simple trip to the local shop, which had not previously been problematic, became a concern.” Lee

“Acoustic neuroma” “I had chills, hot flushes, I felt nauseous and couldn’t sleep, and became acutely aware of a loss of sensation in the right side of my face.” Sarah

The big question - how do you feel after therapy?

“Although the psychologist couldn’t make my problems go away, he did help me to cope with them. I saw them in a different light, put them into perspective.” “There are still odd days when I get a little panicky, but if I use the techniques I was taught, it soon goes away.” Jane

“I didn’t have to grab at food” “I’m half way there, it needs to be finished some way.” “I do smile a lot and talk to people, I am very happy to be part of this beautiful world.” Linda

“freeing my mind from the past and allowing me to be well” “I feel that, had there been more time, my mental health and my physical well-being could have changed quite dramatically for the better.” Kate

“I still have more distance to travel and I am still moving along the road to ‘recovery’” “I recognise my diagnosis has actually been life altering, however I am learning to be happier with my lot” Lee

“I have been helped to face life head on, as best as possible.” John

“it's just that there are a lot more interesting things to think about and do, and life is so much more pleasant if you do just that” Sarah
What do you think of the service?

“This service is excellent and I would gladly advise anyone to try it..... I will be forever grateful.” Jane

“a good way of overcoming things in order to make a better life. I still believe that more time would have made more stable results. I would recommend this service to everyone who could benefit from it” Kate

“My experience of Health Psychology has been first class and I have been shown great kindness.” John

“Once you have learned how to do it, you don’t need lengthy, agonising counselling sessions, it’s there for you in the privacy of your own home.” Sarah

“It was great to talk to a professional who understood why I thought the way I did and helped me to challenge these feelings” Jack

“Most helpful and treated with respect; was sceptical but was put at complete ease and felt I was taken seriously and listened to.” William

“I would just like to recommend the service to anyone who thinks no one understands and there’s no help out there” Mary

What should I expect from the first meeting?

“My first meeting was arranged promptly” “secretly sceptical” “I was not given a label of ‘madman’.” “I did not feel judged.” “I am pleased to say the CD allowed me to relax” Lee

“I have never answered questions before that applied so much to me.” “On my first visit I was shown tapping on points, I was very sceptical, but also eager to take any thing which may help me.” Linda

“It took a long time, but was well worth the wait” “relaxed atmosphere and the non-judgement” “did not dismiss my observations” “She asked me if I had any preferences as to who I would like to see!” Kate

“I frankly described the circumstances and thoughts which had led to my seemingly permanent state of distress” “I was given some information to read, with details of some helpful websites, and I started to learn a little about Emotional Freedom Techniques (EFT).” “Just the thought that someone might be able to help me had a cheering effect on me.” Sarah
What happens in sessions?

In Health Psychology we use many different techniques and approaches to find the best one for you. So, people who come to health psychology will have different experiences.

“I had six weekly sessions of one hour…He (the psychologist) listened and after each session, I felt better and better.” Jane

“exploring thinking patterns and how this affects my condition” Tom

“One to one contact with sympathetic advice and guidance” Jade

“gave me the tools to handle future problems” Lilly

“I have been taught to accept myself and to cope with my problems” Jim

“The relaxation therapy was most helpful and did work.” Andy

“The relaxation technique CD was most helpful and being able to just sit and talk to someone” Mark

“I have found EFT helpful with a lot of things, e.g. coping with stress” Anthony

What approaches are used?

The approaches used in Health Psychology include Cognitive Behaviour Therapy, relaxation, Brief Solution Focused Therapy, Neuro-Linguistic Programming and energy therapies.

“The relaxation techniques were very helpful…. I feel able to handle things so much better.” Laura

“Cognitive Behaviour Therapy to help me sleep; pacing myself – trying to keep some equilibrium and balance in my life” Jill

A type of energy psychology is Emotional Freedom Technique (EFT). EFT is like acupuncture for the mind. It involves tapping on certain points on the body and focusing on a feeling, thought or situation.

“Makes you feel a little silly as you tap on your forehead, side of eye, under eye, under nose under collar bone then top of ribs, while saying whatever’s wrong.” Joanne

“I was very surprised and more than a little amused to find that after a period of tapping I could no longer access some of the unpleasant feelings” Lee

“No matter how bizarre and unlikely this might sound, it was definitely worth a try – what did I have to lose?” Sarah