

## What is Paediatric Clinical Psychology?

Coping with medical conditions in children and young people can be challenging at times.

The psychologist's role is to help children, young people and families begin to adapt to the changes that a medical condition can bring.



### Mission Statement

*We strive to provide an excellent Paediatric Psychology Service. We work collaboratively with children, young people, their families and professionals; empowering children and young people through their healthcare journey; helping to make sense of difficulties and improve well-being; and, supporting families towards living happy lives.*

## The Psychologist is there to help children, young people, parents/ carers to:

- Begin to move forward after a child/ young person has been diagnosed.
- Manage the challenges of parenting a child or young person with a health condition and respond to questions about the medical condition.
- Build confidence to deal with life's challenges in the context of living with a medical condition or with physical health symptoms (e.g., pain).
- Feel more relaxed and confident when visiting the hospital and having medical procedures (such as blood tests).
- Plan and prepare young people for changes e.g., move to a new school, move to adult services.
- Support siblings.
- Cope with bereavement.
- Understand the child/young person's strengths and/or any areas of weakness by providing specialist assessments.

## What happens when we meet?

The first appointment usually lasts about one hour and is an opportunity to listen to your views and to hear about the family.

I will ask about your child/young person's health and the impact any medical condition and/or symptoms are having on your life and that of your family.

Before meeting, I will read your child's/young person's medical notes to understand more about their experiences.

I will tell you more about the service during the assessment. At the end of this appointment we can decide together about what future involvement your family would find useful, if any, and plan a way forward.



## What happens with the information you share?

### *Consent & Confidentiality*

It is your choice if you want to attend or not, and what information to share. After we meet I write to your child/ young person's referrer and GP with a summary of what we discussed. I can keep some of the information private if you do not want anyone to know. The only time I cannot do this is when I have concerns about someone's safety. In that case, I would try to talk to you about it first.

### *Appointments*

Our service offers appointments between 9am-5pm. I will try to make this at a time that is good for you as much as possible. I would be grateful if you would let me know if you can't make your appointment as soon as you can. As the only Psychologist in the Children's Community Team, I won't be able to offer ongoing appointments if you miss two in a row without getting in contact.

### *Patient feedback*

I often ask you to answer a few questionnaires so we can gather your views about how to improve the service. This would be anonymous and no one would be identifiable.

## Who is the Children's Community Team Clinical Psychologist?

Dr Anne Murray



### Where can you find me?

**Paediatric Clinical Psychology Service**  
Torbay and South Devon NHS Foundation Trust

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 **Tel. (01803) 654654**

Torbay and South Devon   
NHS Foundation Trust



**PATIENT  
INFORMATION**



**Paediatric  
Psychology in the Children's  
Community Team:**

**Information for  
Parents/Carers**