

Further Information

You may also find the following support groups/information helpful:

Changing Faces
www.changingfaces.org.uk
Tel: 0845 4500 275
Email: info@changingfaces.org.uk

Children's Burns Trust
www.cbtrust.org.uk
Tel: 020 7881 0902

Dan's Fund for Burns
www.dansfundforburns.org
Tel: 020 7262 4039
Email:
info@dansfundforburns.org

Supporting Children with Burns
www.supportingchildrenwithburns.co.uk

Useful Apps

HospiChill

AlderPlay

Headspace

CALM

SmilingMind

Mindshift

Useful Websites

www.getselfhelp.co.uk

www.moodjuice.scot.nhs.uk

www.mymind.org.uk/thebox

Burns Unit

Clinical Psychology service

Information for parents and carers

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.



Why is there a Clinical Psychologist in the burns team?

When a child or young person has experienced a burn injury resulting in hospital treatment then it is possible that he/she may develop some emotional reactions as a result of this.

A burn injury has a very physical element, but it can also be a stressful or worrying experience for the child or young person and their family. Sometimes it can be difficult to cope on the ward or at home and it may be helpful to talk to a Clinical Psychologist.

What is a Clinical Psychologist?

Clinical Psychologists are trained in understanding how people develop, think, feel and behave. We use this knowledge to try to help children, young people and families to cope with and adjust to any difficulties that they may face after a burn injury.

What can we help with?

- Worries about treatments or procedures
- Coping with reactions to a traumatic event, such as memories of the event or nightmares
- Concerns about appearance of the burn
- Dealing with teasing and bullying

- Managing the reactions of others
- Worries about going back to school or other everyday activities
- Making decisions about treatment
- Concerns about the future
- Coming to terms with and adjusting to a burn injury
- Parent/family responses to the burn injury
- Feelings of guilt or responsibility about what has happened
- Problems with children's behaviour after a burn injury

Frequently asked questions

What help may a Clinical Psychologist offer?

We can offer individual appointments to discuss any worries or concerns you or your child may have in relation to the burn injury. We aim to help families find different ways of managing their difficulties. This may involve individual work with your child, with you as parents/carers or with the family as a whole.

We may also talk (with your consent) to other professionals that you are involved with (e.g. school, GP, children's services, other medical teams) to ensure we are thinking about all aspects of your child's care.

When and where will we be seen?

We can offer appointments on the ward if your child is an inpatient and/or when your child is seen as an outpatient. Most of our appointments take place at Alder Hey Children's Hospital; however it can sometimes be useful to do home and school visits as well. We try to be as flexible as possible with appointment times.

If you have any concerns when you leave hospital you can be referred back to our service. It does not matter how long ago it was since your child was injured. Even if your child was injured as a baby and is now a teenager we can offer you support.

Do Clinical Psychologists see children/young people separately from their parents?

Depending on the age and confidence of the child, it can sometimes be helpful to see children separately. Older children and teenagers will usually be offered the chance to be seen on their own. Parents may also be seen separately when necessary.

What about confidentiality?

All information that you share with us is treated confidentially unless we are worried that someone's safety is at risk. We ask to share some information with other professionals involved with your child to help us provide the best care.

How can I be referred to see a Clinical Psychologist?

There are a number of ways this can be arranged. You can ask to be referred by any member of the burns team or your GP.

A Clinical Psychologist may also be present when you come to outpatient clinics and you can discuss your support needs with them at this time. You can also contact us directly to talk through any concerns. The contact details for our service can be found below.

Contact Details

Psychological Services
Tel: 0151 252 5586 / 5879
(9am till 5pm Monday–Friday)

Or speak to any member of the burns team to be referred.

