

## How can I access Clinical Psychology?

A Clinical Psychologist will usually be at your multidisciplinary clinic. This provides an opportunity to address any concerns relating to the emotional impact of living with a health condition.

For some, this meeting is purely for a check-in to review how things have been since the previous clinic.

It can also be an opportunity to raise specific psychological, social or developmental concerns.

These may be addressed in a clinic or you may benefit from a separate appointment/s on the same day as your clinic or at another time to discuss these concerns further.

We accept referrals from you or from any other colleague working within the craniofacial unit.

### External contacts and information that you may find useful:

- Headlines craniofacial support  
[www.headlines.org.uk](http://www.headlines.org.uk)
- Changing faces charity supporting and representing children, young people and adults with visible difference  
[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

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.

For more information about Clinical Psychology support within your Craniofacial service, please contact your team using the details below.

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Alder Hey Children's Hospital  
(0151 252 5586)

Birmingham Children's Hospital  
(0121 333 8048)

Great Ormond Street Hospital  
(0207 405 9200)

John Radcliffe Hospital, Oxford  
(01865 234714 )

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## Supraregional Craniofacial Service: Clinical Psychology

There are four highly specialised craniofacial units in the UK based at

- Alder Hey Children's Hospital
- Birmingham Children's Hospital
- Great Ormond Street Hospital
- Oxford Children's Hospital.

Our Clinical Psychology team provides a specialist service for all children under the care of the Alder Hey Craniofacial Unit.

**A LEAFLET FOR FAMILIES**

## WHAT IS A CLINICAL PSYCHOLOGIST?

Clinical Psychologists have an interest in reducing the psychological impact of living with a medical condition on patients and families.

A Clinical Psychologist is trained to understand the links between how people think, feel, learn and behave. We listen to concerns and help children and their families cope with some of challenges that can come from living with a medical condition and receiving treatment.

We support families to make positive changes and enhance their quality of life.

We are involved in the care of patients and their families at whatever stage we are needed.

### Do Clinical Psychologist work with the rest of my team?

Yes, we work with other specialties within the Alder Hey craniofacial unit, the hospital and external agencies e.g.

- GP's
- Neurosurgeons, Plastic Surgeons, Paediatricians and other medical professionals
- Schools
- Speech and Language Therapists
- Ward based nursing and Play Specialist staff

Although Clinical Psychologists are part of the health team we do not carry out physical examinations or prescribe medication.

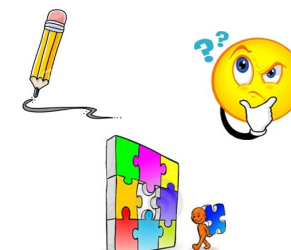
### What can we help with?

We work with young people and their families for a range of different reasons, which can include:

- Early intervention and advice e.g. coping with questions about your child's condition, parenting advice around supporting your child after surgery.
- Psychological therapy regarding the psychology of appearance and adjustment to medical conditions e.g. managing uncertainty, self-esteem and self-confidence and what to say to other people.
- Supporting patients and families regarding decision making around surgery.
- Supporting families and patients with preparation for surgical procedures.
- Working with patients, parents, siblings and other family members to help them adjust to and cope with the patient's condition.
- Consultation and liaison with other medical colleagues, schools and child services.
- Carry out cognitive and developmental assessments.
- Run group based interventions for parents, children and siblings.

We offer routine developmental assessments at key stages throughout childhood including:

- 18 months
- 3 years
- 5 years
- 7 years
- 10 years



We also offer assessments at any time when a clinical need arises during the course of a patient's care.

## RESEARCH AND AUDIT

We also complete research and audit projects. We often look at information collected in assessments, once anonymised, and share our findings in journal articles and at conferences to improve the service

The outlook for children with craniosynostosis is good and the majority will develop in-line with children of their age. As with all children, a small minority may have difficulties with behaviour or development, such as attention, getting on with friends, or making progress at school.

We will be actively monitoring your child's progress through our screening programme. This will allow us to identify any difficulties early and ensure that appropriate support is in place.

If you have any concerns about your child's progress or well-being please ask to be referred to the psychology service to discuss this further.