

I warmly welcome you to my service. Your contact with me is likely to be an important step for you. This leaflet is designed to both prepare you for this experience and make sure that you gain the most from it.

Details of how to find this venue are here:
<http://peeluk.com/contact.php>

1. WHAT IS A TALKING THERAPY?

People sometimes experience distress in life which they feel that they need help with. In such circumstances, they can often be helped by seeing a clinician who is trained to provide a form of talking therapy.

Clinical Psychologists have a psychology degree plus three years further training for doctorate degree. They are specialists in applying talking therapies to the problems which people commonly experience. I am a clinical psychologist that first started working in the NHS in 1989 and I am chartered by the British Psychological Society.

The difference between a Psychologist and a Psychiatrist is that Psychologists spend most of their clinical training dealing with psychological problems. They help people come to terms with difficulties in life. They are not Medical Doctors, *they do not carry out physical examinations or prescribe drugs*. Psychiatrists have a general medical training and have later specialised in mental health problems. They can prescribe drugs where necessary.

2. WHAT WILL HAPPEN?

Appointments will usually be 50 minutes long and are normally weekly, but this will be negotiated with you. The first appointment is a chance for you to discuss your problems and how they affect you. You will probably have received a copy of at least one questionnaire with this leaflet and, if so, it would be helpful if you could complete this and bring it along with you for your first session.

There are different types of talking therapies. They are all a joint effort between you and myself. To bring about change you will have to take a very active role yourself. Some therapies are concerned with how our thinking affects the way we feel or behave, some focus on particular behaviours which are seen as a problem, some look at the influence that others around us have upon ourselves, and others look a combination of these influences.

3. HOW PRIVATE ARE APPOINTMENTS?

Visits are confidential. However, on occasion it may be useful to communicate with your GP about your problems. My work is supervised and so naturally my supervisor may need to hear about your difficulties if I discuss your case with them. Finally, if you let me know that either you or some-one else is in danger I will need to break confidentiality.

4. ARE THERE ANY FURTHER THINGS I SHOULD KNOW?

I aim to provide a service of the highest possible standard. With this in mind I will usually ask you for your views of how you find our therapy both towards the start and at the end of your contact with my

service. This is so I can react to your feedback. I will also ask you to do questionnaires that enquire about your difficulties routinely. This is so I can monitor your difficulties and what is helpful in changing these.

If you are unable to keep an appointment, please let me know as soon as possible. In the instance of a cancellation or non-attendance there will be a charge for this. Any changes in appointment will result in a £2.50 fee which is charged by the room provider. If it is more than 50 hours in advance this will be for the cost of the room hire (currently £12.50). If it is without notice or with less than 24 hours advanced notice then this will be the full cost of a session. This is because late notice means that the room cannot be allocated to another client and case preparation (for example, reading of clinical notes and other materials) occurs well in advance of the session. Please note that these charges are usually not covered by health insurance.

Whilst you are seeing me, please keep me fully informed of any change in your address, email or telephone number.

5. IF I NEED TO MAKE CONTACT?

My telephone number is 07789621835. I can also be reached on mark.papworth@ncl.ac.uk.

I pick up calls and messages from this number and inbox on weekdays. Please do not leave messages or post letters to the clinic premises.

If there is anything else you would like to know, I will be happy to discuss these things with you when you attend for your first appointment.

6. YOUR UNDERSTANDING AND CONSENT

Please tick the relevant boxes and sign to indicate your understanding, preferences and consent. Please bring this completed form with you on your first appointment. Data privacy information is available from this webpage:

<https://www.psychologynortheast.com/what-happens-next/>

1. My information is confidential and will not be disclosed to third parties except when I agree to/request this or under the following conditions:

a. Risk to yourself or others: I understand

b. For use in supervision: I understand

c. Where there is a legal requirement:
 I understand

d. If your referral is via an insurance company then some personal information may be shared with them:
 I understand

e. I wish for my GP and/or other relevant health professional to be kept informed about my care:
 Yes No

2. Cancellation/rearrangement of appointments will result in a charge as detailed in this leaflet. If your referral is via an insurance company then an excess payment may need to be paid directly to the psychologist either during or after treatment:

I understand and agree to pay outstanding payments within two weeks of being informed of the amount due

3. Indicate how you can be contacted by the psychologist:

a. I can be sent appointment details and advice by text message: Yes No

b. I can be sent appointment details, self-help materials and information relevant to my condition by email: Yes No

c. I can be sent appointment details, self-help materials and information relevant to my condition by post: Yes No

4. Records of your care need to be kept over the course of the treatment and stored for a period beyond its completion. These will be kept securely:
 I understand

Signature:

Print name:

Date:



Dr Mark Papworth
Consultant Clinical Psychologist

Your first appointment