

Neurology Psychotherapy Service



Information for patients

Neurology - Psychotherapy Service



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Why have I been referred for psychotherapy?

You may be feeling puzzled because your neurologist has referred you to the Neurology Psychotherapy Service.

This is because emotional issues can have a big effect on health. In particular, upsetting or traumatic things that have happened, even many years in the past, can cause a wide range of medical symptoms.

This is especially true if they have been bottled up and talking about them hasn't been easy.

Our service is here to offer treatment for symptoms of this kind.

But why me?

You may be referred to our service if:

- You have been diagnosed with an illness, but your doctor thinks that your symptoms may be being made worse by emotional issues.
- Your doctor thinks that some or all of your symptoms are being triggered by emotional factors. This is likely when the diagnostic tests have been negative and your symptoms do not fall into the pattern for any recognised physical illness.

Do the doctors think my symptoms are imaginary?

No, we know that symptoms with an emotional basis are as real and distressing as any others. They just have a different cause.

To treat you properly it is important to understand what the cause of your symptoms might be, and to look at the best way of helping you.

How can psychotherapy help?

Many people see a psychological therapist at some point in their lives to help them deal with stress, unhappiness or painful emotional experiences. Seeking therapy may feel harder than ignoring things, but in the longer term therapy can help improve physical and emotional problems so that you can get back on track with your life.

What will happen if I come for treatment?

- You would be invited for a first meeting with one of the specialist psychotherapists, which can last for up to an hour.
- The therapist will ask you about your symptoms and also about other aspects of your life, to see if there are emotional issues that might be affecting your health and how it might be possible to start putting things right. This would also be a chance to ask any questions you may have about the therapy and how it might work.
- At the end of this meeting the therapist will assess whether this is the best place for you to be treated or whether it would be more helpful to refer you elsewhere. She/he will also discuss which of the different approaches we offer would be the most helpful for you.
- Treatment includes sessions with our psychotherapy team where you can find out more about your diagnosis, learn ways to manage your symptoms, as well as look at individual issues if this feels helpful for you.

What if I don't want psychological treatment?

- Treatment here is optional. If you feel that it is not right for you, or that this is not the right time, that is fine.
- If you would like to talk things over with the therapist before deciding if you would like an appointment, they will be happy to arrange a time to discuss this with you.

Is therapy confidential?

The issues that you discuss with your therapist are confidential and will not be spoken about to anyone else without your permission. There are a few exceptions to this, but your therapist will explain these to you. It is also often helpful for the medical staff caring for you to have some idea of anything that might be affecting your health. At the end of your treatment your therapist will therefore discuss what information you would be happy to have put into a brief summary of your work together. This would become part of your medical record.

You can contact the Psychotherapy Service at:

- **Neurology Psychotherapy Service**

Royal Hallamshire Hospital

Glossop Road

Sheffield

S10 2JF

0114 271 3928

The Neurology Psychotherapy Service has a very comprehensive website with further information about what we offer and the conditions we treat. Please visit us at:

www.sth.nhs.uk/neurosciences/neurology/neurology-psychotherapy-service



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