

What to expect when you see the Health Psychologist

Local Specialist Obesity Service Information Leaflet



Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

01253 955588

Our Four Values:

People Centred

Positive

Compassion

Excellence

What is a Health Psychologist?

Health Psychologists use their knowledge of psychology and health to promote behaviour change and improve general well-being.

They work with patients, health care professionals, carers / families, directly with individuals or with organisations.

Why have I been referred to a Health Psychologist?

You have been referred to a health psychologist to help identify any psychological or social issues that maybe contributing to your weight management. The Health Psychologist can then recommend a plan for how the issues can be addressed.

Our Health Psychologist is specially trained to help people identify any barriers to making lifestyle changes.

What to expect

- One to One appointments.
- Group sessions (on healthy eating and eating behaviours with the dieticians as part of the wider Local Specialist Obesity Service).

The One to One clinic appointments with the Health Psychologist are held at St Anne's Primary Care Health Centre; Health Works, Blackpool; and Fleetwood Hospital; you may be informed of a waiting period before you can be seen.

Initial Assessment

- The Health Psychologist will listen to your experience and history of weight loss, without making assumptions about you or your life.
- Your barriers to weight loss and readiness to change will be explored.
- You will be asked to complete questionnaires to assess your health status, to gain a thorough appreciation of the difficulties you are experiencing.
- You will be treated with dignity, respect in a friendly and non-judgemental atmosphere.

Follow up sessions

- The Health Psychologist will discuss a treatment plan with you and may consider referrals to other relevant health services.
- A practical treatment plan will be formed to change behaviour, and tackling any barriers to change.
- Completing homework tasks will be a key part of the treatment process (e.g. using diaries to record your behaviours and thoughts).
- You will learn practical strategies to help you manage and cope more effectively with your weight loss programme, building motivation and self-esteem.
- Preparation for weight loss surgery assessment will be completed where appropriate.

Any specific issues of concern may be discussed with our wider Multi-disciplinary Team (MDT) for a more tailored treatment plan.

The MDT consists of a Medical Consultant, Dieticians, Health Psychologist and an Occupational Therapist).

What about confidentiality?

The Health Psychologist will take notes during the initial assessment and any subsequent sessions.

These notes are confidential and are held securely within the department.

They are not shown to other professionals.

Please note: It is standard practice for the Health Psychologist to write back to the professional who originally referred you, with a summary of the assessment and a description of the agreed treatment.

A copy of this report is usually sent to your General Practitioner and where appropriate, to other medical professionals within the hospital who are interested in your care.

You have the right to a copy of letters if you so wish; you have the right to access your health records under the Access to Health Records Act 1990.

All Practitioner Health Psychologists are registered and approved by the British Psychological Association and Health Care Professionals Council.



www.hcpc-uk.org



The
British
Psychological
Society

Chartered Psychologist

Useful contact details

Telephone: 01253 956184

Community Dietetics: 01253 956184

Email: asktheweightmanagementteam@bfwhospitals.nhs.uk

Hospital Switchboard: 01253 300000

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: 01253 955589

email: patient.relations@bfwh.nhs.uk

You can also write to us at:

Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR

Further information is available on our website:

www.bfwh.nhs.uk

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

Policy Co-ordinator/Archivist 01253 953397

Approved by: [ALTC Governance](#)

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