York and Scarborough Teaching Hospitals
NHS Foundation Trust

The Pain Psychology Service

Information for patients, relatives and carers

Department of Psychological Medicine

ⓘ For more information, please contact:

Admin Team
Telephone: 01904 725353
Email: yhs-tr.psych.med@nhs.net

Monday to Friday 9:00am to 5:00pm

The Old Chapel
Bootham Park, c/o York Hospital
Wigginton Road, York, YO31 8HE

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The Pain Psychology Service

The Pain Psychology Service is an integral part of the York and Scarborough NHS Trust Pain Service, working closely with other professionals contributing to your care. The service offers specialist psychological assessment and interventions which may run alongside other interventions from the wider Pain Service.

Who we are

The Pain Psychology Service team has two clinical psychologists and a cognitive behavioural therapist. You may also be seen by a trainee clinical psychologist on placement. We are also supported by an administrative team.

Why you might need our service

Many people encounter difficulties when experiencing pain. Symptoms and treatments relating to pain can bring about changes in lifestyle and affect the way people feel about themselves. This can lead to changes in mental health and wellbeing, such as anxiety or depression. Symptoms and treatments relating to pain can also produce challenges in managing relationships with family and friends and with staying in work.

Research shows that many people find psychological interventions an effective way of dealing with some of these issues.

Pain can be influenced by a variety of factors. The pain psychological therapist's role is to consider the psychological impact of pain, alongside all the other factors which may be influencing your pain. Your psychological therapist will work with you to find ways that you are better able to cope.

What we offer

- A psychological assessment to look at how pain affects your wellbeing and daily life. See pages 5-6 for more information about what happens at an assessment.

- Help to understand your current feelings, thoughts and behaviours in relation to your pain experiences, in a safe and non-judgemental space.

- Evidence-based treatment plans, tailored to your unique needs. These will help you come to terms with your situation, whilst maximising your quality of life.

- Help to identify the ways you are coping and your strengths.

- Guidance on how to develop further coping strategies to manage the impact of pain on your mood and relationships.

Confidentiality

The information shared at your appointment is confidential between you and your psychological therapist. However, in rare situations we may need to share information with others for your wellbeing and safety. If this is needed, we will discuss this with you first where possible. We do routinely communicate with your GP and relevant health professionals by letter to update them on our progress, and you will be offered a copy of any letter.

If you have any concerns about confidentiality, please discuss them at your first appointment.

What will happen at your first appointment

- You will be offered an initial assessment appointment. This may be offered as an in-person appointment, via video link or telephone.

- Appointments usually last 45 minutes to one hour. You may need up to two assessment sessions.

- Your psychological therapist will know some of your medical history but may ask for more detail. This may include when and where pain occurs and what things make it better or worse.

- They will ask for some information about any psychological or emotional difficulties you have experienced and how you have previously coped with pain.

- You may be asked to complete some short questionnaires during this appointment. This helps us better understand your needs and progress during your treatment.

- At the end of your appointment, you and your psychological therapist will make a joint decision about the way forward. This includes how many appointments you may be offered.

- If you are offered further sessions, they will usually be weekly or fortnightly, depending on any other treatment you are having. To benefit from pain psychology, it is important that you attend regularly.

- We may occasionally ask if a trainee clinical psychologist can observe some appointments. This is part of our commitment to training future clinical psychologists. We will ask in advance, and you can say no. Your treatment will not be affected if you decline.

Where we will see you

If your appointment is in person, it will take place at The Old Chapel. This is situated in the grounds of Bootham Park, just under half a kilometre from York Hospital. Please contact our admin team if you require additional directions.

York Hospital has a multi-storey car park with an hourly tariff. The nearest public car park is Union Terrace and is approximately 200 metres from The Old Chapel.
For more information on accessible parking and what to do if you need help with transport, please follow this link:

www.yorkhospitals.nhs.uk/coming-into-hospital1/getting-here/car-parking/

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact the admin team (contact details on front cover of this leaflet).

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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