

Counselling and Psychotherapy Services



Obstetrics & Gynaecology

patient**information**

Consider for a moment what it is like when you are having a difficult time, or have a particular problem - would it be useful to talk it through?

We provide professional counselling by people trained to understand these difficulties.

Sessions are given at a pace that suits you - with the intention of enabling you to meet life's challenges more effectively.

What is counselling?

Counselling is not the same as giving advice. Rather, a counsellor seeks to help you to focus on and understand more clearly the issues that concern you. By respecting your own values, choices and lifestyle, the counsellor can work together with you towards making choices or changes that are right for you. Counselling sessions take place in a comfortable, private setting and usually last for 50 minutes.

Counselling is given at a pace that is suitable for you. Following your first visit we can decide together how many sessions you may need.

Most personal problems can be helped through counselling, including anxiety, stress, depression, family and/or relationship difficulties, sexual problems or identity issues. It can also involve adjusting to a new culture or dealing with dilemmas or difficult decisions, as well as more specific problems such as addictions or eating problems. This list is by no means complete. If you have any questions regarding a particular problem, please contact us on **01709 427636**.

Who can access Counselling and Psychotherapy Services?

This service is available to anyone who has GP referral or has been either an in-patient or out-patient of Obstetrics & Gynaecology within the last 6 months. A member of staff will make a referral on your behalf or you may contact the service directly yourself on **01709 427636**.

Who are we?

The counselling team is led by experienced, qualified professional practitioners who are members of the UK's leading counselling regulatory body. The team members are all qualified we also provide placements to student counsellors on BACP training courses.

We all work in different ways, sharing the commitment to a respectful, supportive and confidential relationship with our patients and to helping patients explore ways of helping themselves.

How soon can I be seen?

We aim to see you as soon as possible following your referral. Sometimes there may be a short wait but we do try to keep this as short as possible.

Ethics and confidentiality

We work in line with the Ethical Framework for Good Practice produced by the British Association for Counselling and Psychotherapy. A full version of this is available on their website (www.bacp.co.uk).

Counselling and Psychotherapy Services

All personal details and the content of all counselling sessions are confidential. Under all normal circumstances, nothing will be revealed to anyone outside the service without your permission.

In very rare circumstances we reserve the right to break confidentiality. This only happens where there appears to be a serious risk to your own or to others safety. Even in these circumstances, we would normally try to speak to you first before contacting anyone else. Please ask if you have any questions about this policy.

The service works under the terms of the Data Protection Act 1998. The factual data you give to the service and the dates on which you attend for counselling are stored in a computer database. We use these data to compile anonymous statistics about the use of the service. Your counsellor may also keep notes on your meetings to help them in their work with you. More information is available if required.

Appointments

All patients will firstly have an assessment session where follow-up appointments are discussed. All appointments will be with the same counsellor except in unexpected circumstances such as illness etc.

How to contact us

Counselling and Psychotherapy Service Obstetrics & Gynaecology

Telephone 01709 427636

Switchboard

Telephone 01709 820000

Useful contact numbers

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

A&E

Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.nhs.uk

www.gov.uk

www.therotherhamft.nhs.uk

We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

S60 2UD

Telephone 01709 424461

Email complaints@rothgen.nhs.uk



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