

## Confidentiality

We will not share any information about you with a third without your written permission.

However, we recommend that we share with your medical specialist, and your GP, the fact that you are receiving support from us. In some cases, we may also need access to your medical records in order to reach an agreed treatment plan. We will only proceed with your written consent, and you can discuss this with us if you have any questions or concerns.

We comply with data protection legislation and are registered with the Information Commissioner's Office. If we discover information which we believe places you or another person in danger, we will report it to the relevant authority.

We are governed in our work by the British Psychological Society, and the Health and Care Professional Council standards.

*If you think we may be able to help you, or if you are unsure and would like to have more information, why not take the first step and call us in confidence.*

## Psychology for Health

The Bridges Private Clinic  
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Being diagnosed with a long-term health condition affects people in different ways. Many people have difficulties which include:

- coming to terms with the diagnosis
- coping with a sense of loss
- taking part in your treatment decisions
- waiting for treatment to start in conditions where 'watch and wait' is planned
- coping with treatments and side effects
- finding ways to continue with the most important and most valued things in life
- explaining how 'invisible' health conditions affect you to others who need to know
- adjusting to the changes in lifestyle required because of the conditions
- low mood or anxiety
- changes in work and family life because of the condition

If any of these things are having an impact on your work, family, or social life, or your feelings about the future, it may be helpful to speak with a health psychologist.

Health Psychologists specialise in helping people with physical health conditions to achieve the best possible quality of life.

They help particularly with adjustment, coping with treatment, making changes in work and family life when needed, enabling you to take as much control of your own health as possible, and supporting you in getting the best from your relationship with your healthcare team.

### How we can help you

We use a range of approaches and ‘talking therapies’ depending on what is best for each person. First, we need to understand how your condition is affecting you, and what you are hoping for from therapy. Then, we will explain how we can help, and what the approach we recommend will involve.

In some cases, we will use a gentle but powerful and compassionate therapy – Acceptance and Commitment Therapy (ACT). We also offer Cognitive Behavioural Therapy (CBT) which is known to help people with heart conditions and other physical illness.

If we feel that guided self-help is more appropriate for you, we will support you in that. If we feel that other services are more appropriate for you, for example counselling services, we will signpost you to them.

It’s important to say that it’s not unusual to feel distressed and anxious following diagnosis of long-term health condition. You may find this improves over time. If not, or if it’s affecting your day-to-day life, it’s ok to ask for help.

### How many sessions will I need?

The number of sessions varies per person but in most cases you could expect to have about six sessions following an assessment.

### Who we are

We are a private health psychology practice based at Bridges Clinic at Bedford Hospital. Our principal psychologist is Dr Roseanna Brady, BSc MA MSc DPsych. Roseanna is a British Psychological Society Chartered Health Psychologist and is registered with the Health and Care Professions Council. Roseanna has worked with individuals with a variety of health problems. She has a track record of achieving excellent results for the clients with whom she works.



### Fees

Initially, we offer a *free* telephone consultation so that you can tell us your needs and ask us questions. If we then go ahead, charges are:

Assessment and formulation (50 mins) .....	£110
50-minute therapy session .....	£100

Reduced fees for blocks of sessions paid in advance.

All fees are payable no later than 72 hours in advance. No refunds will be made for cancellations within 48 hours of the time booked. Prices valid at March 2018.