

How can I access the Service?

We have an open referral system (The General Practitioner will always be informed)

Where can Families be seen?

Families can be seen at:

The Sue Nicholls Centre
Other Community Settings

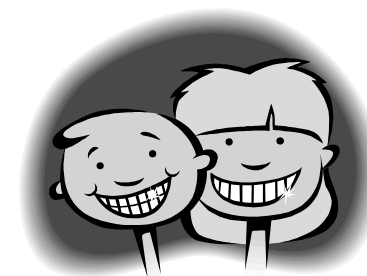
Referral can be made to:

Ann Rowland
Consultant Clinical Psychologist
The Sue Nicholls Centre
Bierton Road
Aylesbury
Bucks
HP20 1EG

Or discussed on the telephone:

01296 489951

Child and Family Service



Child and Adolescent Health Psychology Service

Who are Clinical Child Psychologists?

A Clinical Child Psychologist has undertaken 6 years (3 years undergraduate and 3 years postgraduate), working with people of all ages, and has then specialised in working with children, young people and their families. All staff are Chartered Clinical Psychologists registered by the British Psychological Society, or Psychologists being supervised by someone on the Register

What problems do Clinical Psychologists see?

- Behaviour problems: e.g. eating, sleeping, toileting, temper tantrums and aggression
- Emotional and relationship difficulties: e.g. phobias, anxiety, sadness, bullying and peer relationship
- Stress circumstances: e.g. family breakdown and bereavement
- Difficulties in coping with chronic illness: e.g. asthma, diabetes
- Problems associated with developmental delay or learning difficulties

What age range?

Any child or young person from 0 – 18 years and their families and carers

What problems are not seen?

- Specific educational or intellectual assessment pertaining solely to schooling
- Problems currently receiving help from another agency
- Cross-referral may be made to other services if they are felt to be more appropriate: e.g. for psychiatric assessment, multi-disciplinary approach

How will the family be dealt with?

Clinical Psychologists work in partnership with children and families in a problem-solving way. Dependent on the age of the child, the level of concern or the degree of the problem, we offer three level of approach:

1. “Drop-in” clinic sessions for focussed short-term advice
2. Joint consultation with other involved professionals, e.g. Health Visitors for short-term focussed advice
3. Full referral: The whole family will initially be seen together, by a Psychologist, and after a detailed assessment and discussion with the family a plan will be drawn up – involving a variety of approaches,

e.g.

- Behaviour management
- Cognitive therapy
- Anger management
- Social skills training

How long will the treatment last?

“Drop-in” or joint consultations are usually one off sessions. In other cases, following discussion with the family, a contract of a short series of sessions is agreed (ranging from two to ten, the average is six) on a weekly, fortnightly or monthly basis. This is then reviewed