

## Psychological therapy services at Queen Victoria Hospital (QVH)

The services provided by the Department of Psychological Therapy are part of the care available to you at QVH.

We offer to help and support you through your treatment, from the time of your injury, and initial treatment in EBAC (Emergency Burns Assessment Centre) and through to inpatient treatment and follow up as an outpatient. Where required we are also available to support your wider family and friends who also might have been impacted by your burn.

Emotional or psychological support can help you cope and begin to move forward. There are many situations that cause worry or concern. We can offer help with those listed below:

- Worries about the operation or treatment.
- Difficulties coping with the hospital stay.
- Worries about coping with changed appearance or function.
- Concerns about physical abilities, sexual function, or experiencing changes in intimate or other relationships.
- Concerns about how they look and how other people respond to them.
- Fears regarding the adjustments needed to return to daily activities, child care, work, tasks of daily living.
- Feelings of being very low in mood, anxious, or isolated.

## Psychological therapy service offers

- Single sessions or a series of sessions based on your need.
- Brief Solution Focused Therapy, Trauma Focused Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing Therapy (EMDR) designed to help you manage any troubling thoughts and feelings following a traumatic event.

## Service Availability

You may ask to be seen at any stage of your treatment, as an outpatient, or in-patient. If appropriate, our service may also be able to put you in touch with other services closer to your home.

You may contact the department directly on **01342 414478** and speak to one of the Psychological Therapy Team, or leave a message with your name and contact details on our secure answerphone. Your enquiry will be confidential.

## Useful Resources

### Changing faces

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

A UK charity representing and supporting children and adults who have facial differences or disfigurement to face, hands or body whether present from birth or caused by accident, injury or by illness or medical episode.

### Dans Fund

[www.Dansfundforburns.org](http://www.Dansfundforburns.org)

Practical help for burns survivors.

### Katie Piper Foundation

[www.Katiepiperfoundation.org.uk](http://www.Katiepiperfoundation.org.uk)

A wealth of information including Katie's FAQ (Frequently asked questions): useful for any stage of recovery.

Some Apps can give you strategies to aid relaxation and manage difficulty:

### Stop Breathe Think App

meditation and mindfulness app that can help you find a sense of peace, wherever you are. Free, only available with internet connection.

### Headspace App

provides guided meditations, visualisations and relaxation exercises. Free (limited version) and can be used off line.

### Psychological Therapy Team

**01342 414478**

Email: [qvh.psychologicaltherapy@nhs.net](mailto:qvh.psychologicaltherapy@nhs.net)

## Psychological Therapy services

### Burns Unit

Please ask if you  
would like this leaflet  
in larger print or a  
different format.

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