

The Psychological Therapies Team

Who are the Macmillan Psychological therapies Team?

The Macmillan Psychological Therapies Team provide a range of psychological therapies for patients with cancer and their families who are attending the Sussex Cancer Centre and up to 6 months after completing treatment.

Laura Pritchard is the lead psychotherapist who manages the team. She is an experienced counsellor and psychotherapist and has a background of working as a cancer nurse specialist with over 25 years experience in cancer care.

There are also a number of qualified and student volunteer counsellors, psychotherapists and hypnotherapists in the team who are trained to work with patients and families who have a cancer diagnosis.

Why might accessing this service help me?

The diagnosis of cancer is a disturbing experience for most people. In some ways, dealing with the emotions can feel just as difficult as coping with the physical aspects of the disease. Different people have different responses, from numbness to fear, anger, anxiety and grief – often all of these! Sometimes emotional adjustment takes longer than the physical recovery.

The Macmillan Psychological therapies team can help with this emotional adjustment which can also help you to better manage physical aspects of the disease and treatment.

What does the service offer?

The range of evidence-based therapies that are available include:

- Specialist cancer counselling,
- Couples therapy,
- Psychotherapy,
- Hypnotherapy,
- Psychosexual therapy,

- Stress management advice and support,
- EMDR (eye movement desensitisation and reprocessing),
- Mindfulness meditation hourly sessions and 8 week courses,
- Relaxation and guided visualisation,
- Psycho-educational recovery group,
- EFT (emotional freedom technique).

What to expect?

You can expect to be offered an assessment appointment with Laura at the earliest point available and at a time that is convenient to you. Sometimes there is a waiting list and urgent referrals will be prioritised. At this appointment you will be given the opportunity to talk privately and confidentially about your situation and will be offered an evidenced based psychological therapy. You may be offered further appointments with one of the other therapists or ongoing appointments may be with Laura depending on what is best for you and which psychological therapy you are offered. Each session is 50 minutes and needs to focus on issues related to having a cancer diagnosis.

How do I access this service?

Referrals can be made by your clinical nurse specialist or doctor. This service is free and appointments are offered from Mondays to Fridays. It is available for people diagnosed with cancer and close family members who live in the Brighton and Hove area and who are having treatment at the Sussex Cancer Centre or are within 6 months of completing treatment. It is also available for people that live across Sussex that are currently attending for treatment in the Sussex Cancer Centre.

Contact for Laura Pritchard

Macmillan Lead for Psychological therapies is 01273 664694

Karen Connolly Secretary 01273 696955 Ext. 67437

Email - karen.connolly@bsuh.nhs.uk

Useful national contacts

British Association for Counselling & Psychotherapy (BACP):
0870 443 5252 www.bacp.co.uk

COSRT (College for Sexual and Relationship Therapy)
0208 543 2707 www.cosrt.org.uk

Cancer Counselling Trust www.cancercounselling.org.uk

UKCP (United Kingdom Council for Psychotherapy)
0207 436 3002 www.psychotherapy.org.uk

Macmillan Cancer Support:
0808 808 2020 www.macmillan.org.uk

Macmillan online discussion forum
www.macmillan.org.uk/share

Samaritans 0845 790 9090 www.samaritans.org.uk

Sussex Cancer Centre Reception 01273 696955 Ext. 64324

Chemotherapy reception 01273 696955 Ext. 64799

Radiotherapy reception 01273 696955 Ext. 64091

Macmillan Psychological therapies
01273 664694 / 01273 696955 Ext. 67437

Macmillan Horizon Centre
horizoncentre@macmillan.org.uk 01273 468770

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