How can clinical psychology help you and your family?
We can help children, young people and their families:

- come to terms with CF and the changes this may bring
- understand and cope with the condition
- manage worries about coming into hospital
- manage worries about medical procedures
- cope with treatments
- manage feeding, sleep and behaviour difficulties
- address body image/self esteem concerns
- cope with the move to the adult hospital

Please telephone the Clinical Psychology Department on (0141) 201 0644 if you would like more information.
Why is there a clinical psychologist in the CF team?
Coping with CF in addition to the usual stresses of family life can be very difficult at times. It usually comes as a shock to children and their families when they are told they have CF. Families have to learn a lot of new information about the illness and its treatment. We understand that having a child with CF is not easy and that there are times when extra support is needed. The Clinical Psychologist’s role is to help families adapt and cope with the changes that CF can bring.

When will you meet the clinical psychologist?
The clinical psychologist will arrange to meet with you within a few months after you have been told about your child’s condition. The aim of this appointment is to introduce the Clinical Psychology Service to you and to offer further support at this stage if needed.

Why might you need to see a clinical psychologist?
Being told your child has CF can affect people in different ways and most people need time to come to terms with this. The length of time it takes to adjust can vary from person to person. Families can experience a wide range of emotions including fear, anxiety, anger, guilt, loss, sadness, relief and denial.

Each different stage of your child’s life can bring different challenges, from the worry of leaving your child at nursery, to teenagers managing their treatments on their own as they get older. Clinical Psychologists are here to help at all of these stages.

Other roles of the clinical psychologist in the CF team
The Clinical Psychologists work closely with other members of the CF team (e.g. nurses, dietitians, doctors and physiotherapists). They attend the weekly CF team meeting which gives all the team a chance to think together about how best to support families when their child is in hospital.

They also hold regular meetings to give other professionals an opportunity to think beyond the medical needs of the child and consider the child’s emotional well-being and their ability to cope with their condition.

What’s involved in coming to clinical psychology appointments?
If a member of the CF team thinks that an appointment with the Clinical Psychologist may be helpful, they will always discuss this with you first. A member of the CF team will then write a letter to the psychologist giving a brief description of the areas of difficulty. You will then receive an appointment letter.

The first appointment usually lasts one hour and is an opportunity for you to tell the clinical psychologist what the main concerns are for you and your child. At this appointment you may be asked about life events which affect you and your child, such as birth, family life, school and CF. You and your child may also be asked to complete questionnaires or diaries that help the psychologist to understand these events and feelings more fully. They will discuss all of this with you so that together you can build up a picture and plan a way forward.