

Welcome to St. Vincent's Private Hospital.

St. Vincent's Private Hospital is the single, biggest acute private hospital in Dublin. We offer the highest number of consultants and the widest range of specialist care in Ireland's only integrated multi-hospital campus.

Who works in the Psychological Support Service in St. Vincent's Private Hospital?

The Psychologists working in St. Vincent's Private Hospital is a team comprised of three qualified Psychologists.

Who can use the Psychological Support service?

Patients currently attending St. Vincent's Private Hospital. Please ask your consultant or nurse to refer you to our service.

When Can I be referred to the Psychological services?

Psychological therapy is available during initial diagnosis and ongoing treatment.

What happens if I am referred?

If you agree, you will be contacted to arrange an appointment that is convenient for you. The first meeting is an opportunity for you to get to know the Psychologist and to see if you would like to meet again. At the end of the first meeting, depending on what issues have been explored, you and the Psychologist will agree whether and when to arrange further meetings.

The Psychologist may refer you to someone else if this is appropriate and if you agree to the referral. This would be done with your agreement. You can decide not to come for help at any point but please do let us know if you no longer wish to be seen.

What happens to the information you give us?

The Psychologist you see will always record a summary of issues discussed in your meeting. Information will not be given out to anyone (e.g. friends or family) who is not concerned with you professionally. The issues of confidentiality will be explained on your first visit.

For further information regarding the service, or if you wish to cancel or reschedule an appointment contact our Nursing Management Office at 01 2609223.

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St. Vincent's
Private Hospital
Elm Park, Dublin 4
Ireland

T +353 1 263 8000
www.svph.ie



Oncology Department Psychological support services for Oncology patients



Centred on You



What Is Psychological Support?

Psycho-oncology is a specialty in cancer care concerned with understanding and treating the psychological, emotional and quality-of-life aspects of cancer, from prevention through bereavement.

Living with Cancer Is Not Easy

The emotional impact of the cancer diagnosis and treatment is very difficult. It is normal to feel stress, anxiety, sadness, anger or a sense of losing control. Finding someone to talk to is important – someone you can trust and can help you sort through your thoughts and feelings. Sometimes the disruption caused by cancer can be managed by calling upon coping resources within yourself, and by availing of support from your family and your friends.



Your medical and multi-disciplinary team all play an important role in helping you cope but occasionally you may feel you need additional help from a psychologist.

Our Psychologists have specialist training in Psychological Therapies that help people and families who are particularly distressed, anxious or feeling low. People with cancer sometimes are unsure about meeting a Psychologist, as it is a common belief that Psychologists only work with people who have mental health problems. Although we are trained in mental health, we also specialise in helping people cope with and adjust to the emotional stress of physical illnesses.

Is Psychological therapy for you?

- Do you feel very anxious about cancer and your treatment?
- Have pain and discomfort caused you to limit your activities?
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- Have you had difficulty coping with the stress you have experienced?

What We Can Do To Help?

- Assist you and your family in coping with your diagnosis.
- Offer you the chance to talk through the emotional impact of cancer.
- Find ways of helping you to understand and cope with your emotional responses, such as fear, anxiety, guilt and anger.
- Help you to identify the problems you face and your strengths and weaknesses in dealing with them.
- Work with other members of your care team in the provision of psychological care.
- Help you prepare for and deal with the effects of your cancer treatment.
- Help you re-adjust when our treatment has finished.
- Help deal with issues of mortality for both you and your family.
- Help improve quality of life for you and your family.