Why have I been referred for psychotherapy?

You may be feeling puzzled because your neurologist has suggested that you see a specialist psychotherapist. This is because emotional issues can have a big effect on health. In particular, upsetting or traumatic things that have happened, even many years in the past, can cause a wide range of medical symptoms. This is especially true if they have been bottled up and talking about them hasn’t been easy. Some sessions with a specialist psychotherapist can often help to improve things.

But why me?

You may be referred for psychotherapy if:

• You have been diagnosed with an illness, but your doctor thinks that your symptoms may be being made worse by emotional issues.

• Your doctor thinks that some or all of your symptoms are being triggered by emotional factors. This is likely when the diagnostic tests have been negative and your symptoms do not fall into the pattern for any recognised physical illness.

Do the doctors think my symptoms are imaginary?

No, we know that symptoms with an emotional basis are as real and distressing as any others. They just have a different cause. To treat you properly it is important to understand what the cause of your symptoms might be.
Isn’t it weak to need psychotherapy?
No. Many people see a psychological therapist at some point in their lives to help them deal with stress, unhappiness or painful emotional experiences. Seeking therapy is often harder than ignoring things, and can help improve physical and emotional problems so that people can get back on track with their lives.

What will happen if I come for psychotherapy?
- You would be invited for a first meeting with the neurology therapist, which can sometimes last for up to 90 minutes.
- The therapist asks you about your symptoms and also about other aspects of your life, to see if there are emotional issues that might be affecting your health and how it might be possible to start putting things right. This would also be a chance to ask any questions you may have about the therapy and how it might work.
- At the end of this meeting your psychotherapist will assess whether this is the best place for you to be treated or whether it would be more helpful to refer you elsewhere. She/he will also guide you to some approaches you can try at home and may suggest trying these before deciding whether you need psychotherapy.
- If you do need further meetings, you would continue to meet either weekly or fortnightly for an agreed number of 50 minute sessions to work on any issues you have found.

What if I don’t want psychotherapy?
- Psychotherapy is optional. If you feel that it is not right for you, or that this is not the right time, that is fine.
• If you would like to talk things over with the therapist before deciding if you would like an appointment, they will be happy to arrange a time to discuss this with you.

Is therapy confidential?

The issues that you discuss with your therapist are confidential and will not be spoken about to anyone else without your permission. There are a few exceptions to this, but your therapist will explain these to you. It is also often helpful for the medical staff caring for you to have some idea of anything that might be affecting your health. At the end of your therapy your therapist will therefore discuss what information you would be happy to have put into a brief report that would become part of your medical record.

You can contact the Psychotherapy Service at:

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