



Hertfordshire
Partnership University
NHS Foundation Trust

Psychology within the Integrated Care Team



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Our  values
Welcoming Kind Positive Respectful Professional



The aim of the Integrated Care Team service is to improve the physical health, mental health and quality of life for individuals living with multiple long-term conditions and/or frailty, and their carers.

Our physical and emotional health are closely linked, experiencing emotional difficulties can make managing our physical health more challenging and vice versa.

We offer short-term community based psychological interventions alongside other professionals within the team, as part of an integrated model of community health, mental health and social care.

What might the sessions look like?

The process will start with an assessment to help the psychologist better understand the difficulties you are experiencing, and how psychological therapy might best support you at this time. Our interventions typically last approximately 6-8 sessions, with each session lasting an hour.

Who will be involved in my care?

A psychologist works with a person to support them in living their lives in line with their values, by understanding their behaviour, motivations, thoughts and feelings. They aid individuals to cope with and manage difficult feelings and emotions.

An assistant psychologist may support the qualified psychologist by conducting assessments and delivering some therapy sessions.

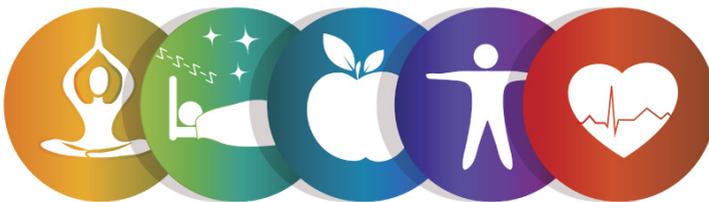
A trainee psychologist is someone registered at a university working towards becoming a qualified psychologist. They may also support the qualified psychologist by conducting assessments and delivering some therapy sessions.

How can we help?

We will work in partnership with you to support you in understanding, adapting to and overcoming issues relating to your physical health, and associated emotional difficulties.

We will explore with you how your thoughts, feelings, actions and physiology are influencing your day to day experiences, and to help you develop your ability to cope and identify areas for positive change.

We will support you in developing psychological flexibility and self-acceptance, and living your life in line with your values and goals.



Which type of interventions will be delivered?

Interventions are tailored to individual needs, and include psychological ideas and principles from:

- **Cognitive Interventions**
 - Cognitive Behavioural Therapy
 - Acceptance and Commitment Therapy

- **Behavioural Interventions**
 - Goal setting
 - Problem-solving
 - Self-management

- **Systemic Therapy**
 - Couples
 - Family members

- **Mindfulness**

If we identify that either a different or additional interventions are needed, we will support you in finding a suitable service.

Typical long-term conditions* we may work with:

- Diabetes
- Heart conditions
- Lung conditions
- Chronic pain
- Cancer
- Dementia
- Chronic fatigue
- Anxiety
- Depression

**This is not an exhaustive list.*

How can you be referred into our service?

Referrals are usually made by our physical or mental health colleagues e.g. Community Nurses or Occupational Therapists and we may work alongside them throughout your care.

Contact:

hpft.integratedcareteam@nhs.net

01707 364 003

Cover Artwork: *Canal Buildings* by Anthony Cleyndert

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