



University  
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CANCER SUPPORT

# The psychological therapies team

Cancer Services

Patient information

## Who are the cancer psychological therapies team?

The Cancer Psychological Therapies Team provides counselling and psychotherapy for patients receiving care through University Hospitals Sussex NHS Foundation Trust cancer services, as well as their immediate family members living in Sussex. Support is available during treatment and for up to six months after treatment has been completed. The service is managed by a lead psychotherapist and includes a number of qualified, student and volunteer counsellors, psychotherapists, and a psychological therapies support worker. Team members are trained to work with patients and families affected by 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 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 & psychotherapy
- One to one counselling
- Couples counselling
- Psychosexual therapy
- Psychoeducational recovery group.

## What to expect?

This explains how the cancer psychological therapies service at University Hospitals Sussex NHS foundation Trust runs. You can expect to be offered an assessment appointment 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 prioritized. At this appointment you will be given the opportunity to talk privately and confidentially about your situation and about how this service can be of help to you.

You may then be offered further appointments with one of the other therapists depending on what is best for you. Each session is 50 minutes and needs to focus on issues related to having a cancer diagnosis.

The therapeutic relationship is a professional one and all Psychological Therapy Service practice is based on the British Association for Counselling and Psychotherapy's Ethical Framework [www.bacp.co.uk/events-and-resources](http://www.bacp.co.uk/events-and-resources)

## How do I access this service?

Referrals are 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 immediate family members who are having treatment within cancer services at University Hospitals Sussex NHS Trust or are within 6 months of completing treatment.

## For further information

Contact: **01273 664694**

Email: [uhsussex.cancerpsychologicaltherapies@nhs.net](mailto:uhsussex.cancerpsychologicaltherapies@nhs.net)

## Useful contacts

**British Association for Counselling and Psychotherapy (BACP):**

**0870 443 5252**      [www.bacp.co.uk](http://www.bacp.co.uk)

**COSRT (College for Sexual and Relationship Therapy)**

**0208 543 2707**      [www.cosrt.org.uk](http://www.cosrt.org.uk)

**UKCP (United Kingdom Council for Psychotherapy)**

**0207 436 3002**      [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

**Macmillan Cancer Support:**

**0808 808 2020**      [www.macmillan.org.uk](http://www.macmillan.org.uk)

**Samaritans** **0845 790 9090**      [www.samaritans.org.uk](http://www.samaritans.org.uk)

**Sussex Mental Healthline** **0800 0309 500** - 24 hrs day, 7 days week

**Cancerwise**

<https://cancerwise.org.uk>      **01243 778516**  
[enquiries@cancerwise.org.uk](mailto:enquiries@cancerwise.org.uk)

**Macmillan Horizon Centre**

[horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)      **01273 468770**

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in Brighton & Hove and Haywards Heath

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