



The clinical psychologist is available to support patients and their families at all stages of their cochlear implant journey

Will the clinical psychologist talk to other people about the appointment?

The information discussed during psychology appointments can be kept confidential. However, it can be useful to share information with other people involved in your care or your child's care, particularly during the assessment phase. This will be done on a need-to-know basis, to improve the overall care that you or your child receives from the University of Southampton Auditory Implant Service. This will be discussed in more detail during your first appointment with the clinical psychologist.

How do I arrange an appointment with the clinical psychologist?

If your child is one of our patients and you would like to consider arranging an appointment to see the clinical psychologist, please speak to your key contact.

If you are an adult patient and you would like to consider arranging an appointment to see the clinical psychologist, please contact your team lead.

Contact us

All enquiries to:

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Auditory Implant
Service

UNIVERSITY OF
Southampton

Making connections. Clinical Psychology Service



What is a clinical psychologist?

Clinical psychologists work in a variety of different settings including clinics, hospitals and schools and help by talking to individuals about the difficulties they are experiencing. A clinical psychologist will listen carefully and try to help you to make sense of these difficulties.

This may involve some ongoing sessions with the clinical psychologist, or it may involve helping you to access other services closer to your home if that seems more appropriate. (THIS TEXT NEEDS TO BE FREIGHT I THINK)

What will happen in my appointment with the clinical psychologist?

When you see the clinical psychologist you may be seen individually, or with other members of your family. Sometimes we invite people to group sessions for those experiencing similar difficulties. You may also be seen with another member of the multi-disciplinary team. Please do remember that the clinical psychologist is there to support you, not to judge you, and to help you or your child achieve the best outcomes.

How long will the appointment last?

Appointments with the clinical psychologist will last up to an hour and a half. These appointments can be kept confidential, and this will be discussed with you during your first meeting. At the end of your first appointment, the clinical psychologist will discuss with you the number of meetings that may be helpful and agree a shared plan.

Adults may meet the clinical psychologist in individual sessions or at group workshops



All families who have a child being assessed for cochlear implantation will see the clinical psychologist as part of their assessment.

The role of the clinical psychologist – paediatric service

All families who have a child being assessed for cochlear implantation will see the clinical psychologist as part of their assessment. This appointment is designed to be a supportive environment for parents and carers to discuss their feelings about cochlear implantation, as we appreciate that this can be a challenging time for both parents and children.

Depending on the age of your child, the psychologist may complete an assessment of his or her developmental or thinking (cognitive) abilities. The following topics may also be explored with you:

- Your child's hearing history and the emotional impact of this on the family
- Your thoughts and feelings about your child having cochlear implants
- Hopes and expectations you and your child have about having cochlear implants
- Any concerns you or your child have about cochlear implantation, including the operation

The clinical psychologist may also provide support at any stage after implantation, if you and the team feel that this might be helpful. The psychologist may be able to help you and/or your child in the following ways:

- Discussing any worries or concerns you and/or your child have about adjusting to having cochlear implants
- Supporting you to manage any behavioural difficulties that your child might be showing (e.g. refusing to wear their processors)
- Working directly with your child if they are experiencing emotional difficulties, particularly if these are linked to their feelings regarding their D/deafness or their cochlear implants.

The clinical psychologist may also be part of discussions with the multi-disciplinary team if your child is not making the progress you had hoped for.

The role of the clinical psychologist – adult service

Adult patients who are seen at the University of Southampton Auditory Implant Service are not seen routinely as part of their assessment. If you feel you would benefit from an appointment with the clinical psychologist, please speak to the clinician you are seeing or request to speak to your team lead to discuss this. Your clinician may also recommend you meet with the clinical psychologist if he or she thinks that this may benefit you.

The clinical psychologist may be able to help you and/or your family in the following ways:

- Providing a space to reflect upon the impact of your D/deafness on yourself and others
- Supporting you in your decision regarding having a cochlear implant, and helping move the decision forward if you are feeling stuck
- Exploring expectations, hopes, and concerns about having a cochlear implant
- Discussing any emotional health difficulties, such as anxiety or depression, you may be experiencing in order to ensure you have appropriate support
- Supporting you as you prepare for surgery
- Addressing difficulties with adjustment, motivation or coping which may be preventing you from getting the most out of your implant