

REFERRAL PROCESS:

HARP staff can enquire about referrals by contacting the Clinical Psychologist via telephone on 9076 3887

HARP staff can refer by completing the Clinical Psychology Referral Form on CHord or from the Psychologist, then either,

- emailing via Chord
- faxing to 9076 2658



AVAILABILITY AND LOCATION OF SERVICE:

Services are commonly provided in the patient's home but may be offered at Alfred Health if a home visit is not suitable.

The Alfred, PO Box 315
Prahran, 3181.

AlfredHealth

HARP CLINICAL PSYCHOLOGY SERVICE

Phone: 9076 3887

Fax: 9076 2658

Hospital Admission Risk Program
(HARP)

Specialised Chronic Disease Stream

ABOUT CLINICAL PSYCHOLOGY

Psychologists are experts in working with human thought, feeling, behaviour and relationships.

Most Psychologists work with people who already have good mental health, to master new challenges, develop themselves and improve their functioning.

This could include,

- adjustment to illness or other life changes/events
- making lifestyle change eg. ceasing smoking or adopting a new nutrition regime
- grief or loss
- 'stress'
- relationship difficulties

Clinical Psychologists are also specialists in the assessment and treatment of psychological problems and mental health conditions. These include:

- depression
- anxiety
- panic
- posttraumatic stress
- sleep disorders

Clinical Psychologist's have a minimum of 6 years university training.

HOW CAN CLINICAL PSYCHOLOGY HELP?

- There is much evidence that psychological health can be affected by or can affect, general health.
- This relationship can be either a negative and a positive one.
- An example of a negative relationship is when someone living with COPD becomes highly anxious about their breathing, triggering panic attacks which they misinterpret as evidence that their COPD is worsening. This cycle can perpetuate symptoms, and increase unnecessary presentations to acute services.
- An example of a positive relationship is when the same person differentiates panic symptoms from acute respiratory symptoms, uses simple breathing techniques and positive self-talk to reduce their panic and regain control of their breathing. Thereafter, the person also tries to minimize the stress which can trigger panic symptoms.
- By helping people with chronic disease strengthen their psychological resources and mental health, Clinical Psychology can help people live better with chronic disease.

REFERRAL CRITERIA:

Patients being referred must:

- be patients of an Alfred Health HARP program with Chronic/ Complex Care needs
- have psychological difficulties affecting or being affected by, their chronic disease. (eg. Anxiety exacerbating COPD symptoms or depression resulting from adjustment to illness diagnosis)
- Consent to clinical psychology and Outreach services
- live in the Alfred Health catchment area.