



Emotional and Psychological

Resources for IBD- Patient Information Sheet

Luton and Dunstable Hospital has a holistic approach to illness and wellbeing. This means that physical, psychological and social aspects are taken into account in understanding your situation. The nurses, doctors, dieticians and other specialists at Luton and Dunstable Hospital all work closely with psychological therapists to inform your treatment. In meeting with you we aim to understand your problems, expand your ways of coping, and assist you to improve your physical and emotional well-being. Assessment and therapy may also aim at preparing you for procedures and preventing complications following surgery.

Some of the services we offer include:

Assistance towards living with a chronic illness

The effects of serious illnesses can impose emotional, physical and financial demands on individuals and family members. This can significantly disrupt family life. Talking to one of our therapists can be helpful in relieving anxiety and assisting you to deal with distressing emotions and enhancing coping.

Preparation for surgery

Patients undergoing invasive medical procedures or surgery often feel anxious, stressed, fearful, helpless and uncertain. When surgery or a test is planned in advance, we may be able to help to prepare you for the procedure through the use of guided imagery and relaxation training. These are psychological strategies that enhance a patient's ability to cope with medical procedures.

Enhancing recovery following surgery

Patients who have already had tests or surgery may also benefit from our services. Psychotherapists work with patients to understand and manage emotions associated with their illness such as anxiety, fear, depression, pain, stress, anger and helplessness.

Cognitive Behavioural Therapy (CBT)

This therapy focuses on the inter-relationship between thoughts (cognitions), actions (behaviours) and feelings (affects), and the role they play in

exacerbating symptoms. Changes can be made in how a patient thinks, acts and feels, helping to reduce the frequency and intensity of the symptoms.

Relaxation Therapy

This therapy aims to reduce a person's current state of physical and psychological activation and includes progressive muscle relaxation (PMR), autogenic training, and breath regulation. With these techniques a person can learn how to "turn down the volume" on their gut symptoms, becoming more calm and relaxed about them. Guided imagery and CBT are often used together with this therapy.

Stress Management

This therapy seeks to help a person understand the role of stress in his/her life and how it relates to the person's symptoms. It also aims to provide the patient with a variety of ways of dealing with stressful events in ways that minimize their impact on the person's symptoms, enhancing quality of life. Relaxation therapy and guided imagery are often integrated with this treatment.

Referrals

Referrals can be made by your physician or GP.