

The Psychological Therapy Service

The Psychological Therapy Service offers a broad range of emotional and psychological support to cancer patients, their families and carers, when treatment has stopped. It is often the emotional effects which are the most neglected and last the longest after treatment is finished. People may find they are more anxious, struggling with uncertainty, or unsure about how they can enjoy life again.

We offer both one to one and group support in our comfortable therapy rooms here at The Horizon Centre.

We offer one to one psychological support in these ways:

Counselling

Although the term 'counselling' suggests advice giving, counsellors deliberately do not offer advice and instead, through attentive listening and compassionate, curious enquiry, encourage people to talk fully about themselves in a way that's usually not possible or appropriate in either personal, professional, or social settings.

In counselling people can feel secure enough to talk openly to a professional who has the skills to support them to understand themselves more deeply and honestly with the aim of reaching a more effective understanding of how to make beneficial choices.

At MHC counselling is offered for up to 12 sessions.

Counselling is suited to people who have wide ranging challenges to their sense of identity and purpose to negotiate.

Hypnotherapy

During hypnotherapy the therapist uses a gentle guiding voice to lead people into a deeply relaxed state. People are still conscious of their surroundings and able to choose how to respond to the therapist. The hypnotherapist can then use suggestion to try to help people to gain some control over the problem they have been unable to resolve.

Hypnotherapy is offered for a short period of four to six sessions around a specific problem.

Coaching

Coaching is a solution-focused approach that aims to support people to find new ways to resolve specific difficulties. It can be especially effective to help with making career decisions such as whether to return to work or not after cancer treatment.

Coaches guide people by asking direct questions in a way that a counsellor would not. Coaching is an active, participatory process in which people set goals and agree various actions and tasks in collaboration with their coach. Coaching is usually offered for four sessions and occasionally for up to six.

Coaching is about how things are for people in the here and now and about planning the future. Coaching is not appropriate for exploring the past or supporting emotional distress.

We offer group support in these ways:

Group Therapy

In group therapy a trained facilitator enables a group of up to 10 people to move away from how in a social gathering they would usually constrain their expression of their inner experience of themselves, so that they can develop a warts-and-all understanding of themselves and each other without judging or blaming. This can be a challenging experience so it has to be facilitated by a professional trained in group dynamics. The outcome can be profoundly beneficial for participants but is a subtle process which needs time to develop so the group will run on a rolling basis which means as people leave, new participants will then join.

Sometimes group therapy is helpful after having 1:1 counselling but for some people a group is preferable to 1:1 therapy. Clients can make this choice supported by the Psychological Therapy Service Manager and the group facilitator.

The group will meet for weekly sessions of therapy.

Mindfulness Based Cognitive Therapy for People Affected by Cancer

This eight week course for a group of up to ten people enables them to; learn mindfulness meditation practices that are simple and practical that can become part of daily life, feel calmer and have more space for themselves, learn how to reduce negative thoughts and explore ways to bring more kindness into their life, take part in creative activities that help to explore new ways of being, and learn to respond skilfully to times of stress and difficulty.

If you think a psychological therapy could be helpful for you, please get in touch and we can arrange for you to have an informal chat with a therapist so you can find out more and make your own decision about the kind of psychological therapy that would be beneficial for you.

Contact: HorizonCentre@macmillan.org.uk or call 01273 468770

Macmillan Psychological Support Services across Sussex

East Sussex Healthcare Trust

The East Sussex Macmillan Counselling Service has staff based in Eastbourne and Hastings and currently provides a range of psychological services in Eastbourne, Seaford, Uckfield, Bexhill and Hastings areas.

Contact: telephone 01323 414 918, extension 32527, or email Karen.Aylward@nhs.net

West Sussex Healthcare Trust

The West Sussex Macmillan Psychological Therapy Service based in Chichester provides a counselling service for patients with a cancer diagnosis who are referred by their CNS or consultant.

Brighton and Sussex University Hospitals Trust (BSUH)

The BSUH Macmillan Psychological Therapy Service is based at the Cancer Centre in Brighton and also covers Princess Royal in Haywards Heath. It provides a range of therapies to patients and family members from the point of a cancer diagnosis through treatment.

To access this service contact the patient's Clinical Nurse Specialist who can then refer you.

Other cancer-focused psychological support services across Sussex are available at:

- The Olive Tree, Cancer Support Centre in Crawley
- Cancerwise, Cancer Support Centre in Chichester
- The Pickering Centre in Tunbridge Wells
- Cancervive - support for carers, family and friends, based at Hurstpierpoint