

FACT SHEET

Rehab Psychology



What is a Rehab Psychologist?

Rehab Psychologists work with the Peke Waihangā centre team to support people following amputation.

Having an amputation is a significant adjustment which can have an impact on many areas of life.

As a result, following amputation, people often experience some of the following things at different stages in their recovery journey:

- Low mood, sadness, and/or despair
- High levels of distress, which may include anxiety/worry, fears or stress
- Feelings of loss and grief
- Feelings of not coping
- Frustration and/or anger
- Unhappiness with body image
- Low self-esteem
- Using alcohol or drugs to try to block out sad or upset feelings
- Ongoing pain

Helping you cope with your thoughts and feelings is just as important as helping with your physical needs.

Seeing a Rehab Psychologist does not mean you aren't coping.

Just like a physio gives you exercises to help your body get stronger, a Rehab Psychologist gives you **ideas to help you with your thoughts and feelings** after losing a limb.

How can a Rehab Psychologist help me?

Rehab Psychologists help you and your support system cope with and adapt to the effects of injury or illness. We are part of the team supporting your wellbeing.

We provide you with useful tips, strategies and information that can help you cope with the thoughts and feelings that come with losing a limb.

We make sure our help is right for you and your needs. We work with you to **identify helpful ways of responding to difficult thoughts and feelings** in your daily life.

What can I expect from the first one to two sessions?

First, we'll spend some time getting to know you and what challenges you might be facing during your recovery.

We'll ask a few questions about your daily life and your background. If you're happy for us to do so, we can also talk to people who support you, so everyone understands how to help.

Together we will make a plan and talk about things that could help you.

You are welcome to bring a support person with you to your session.

What happens next?

After the first sessions, the Rehab Psychologist will talk with you about whether more sessions would be helpful, and how many you might need.

They will also write a **summary of goals** and, with your permission, share this with the team helping you at the Peke Waihangā centre.

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Learn more about Peke Waihangā

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Peke Waihangā

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