
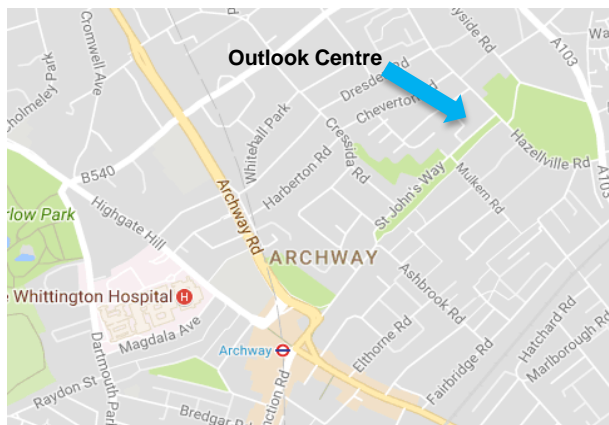


Contacting us:

 You can contact us by telephone on
0207 527 1501

Our address is:

Islington Outlook Centre
133 St John's Way
London
N19 3RQ



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Islington Community Neurorehabilitation Team: Clinical Neuropsychology Service



What is the clinical neuropsychology service?

We are a specialist psychology service within the Islington Community Rehabilitation Team. We work with adults who have a neurological condition, such as a stroke, an acquired brain injury and multiple sclerosis.

We provide three key services:

- Neuropsychological assessment
- Cognitive rehabilitation
- Therapy sessions to support people in the process of adjustment

Why have I been referred to this service?

You may be experiencing one of the following as a result of your illness or injury:

- Difficulties with memory or thinking skills
- Low mood or worry
- Difficulties with adjustment
- Concerns about getting back to work

Who will I see?

We are a small team including Clinical Psychologists, Trainee Clinical Psychologists and an Assistant Psychologist. The team is led by Dr Annmarie Burns.

At your first appointment, the psychologist will ask you about your concerns and difficulties, to identify what you would like to work on together.

What does the service offer?

Neuropsychological assessment

This involves completing some tasks and puzzles, and answering some questions in a quiet room with a member of the psychology team. This helps us to understand people's thinking skills (known as cognition) better.

You do not need to do anything to prepare for this. An assessment can take about 3 hours, and you will be offered breaks.

The assessment is written as a report afterwards, and we will talk through any difficulties highlighted.

Cognitive rehabilitation

We can help explore a range of activities to help manage any difficulties with your thinking and memory skills. For example, we might teach you some strategies to help remember telephone conversations.

Psychological therapy

We can offer individual and group therapy sessions. In the sessions, we would explore ways to aim to improve your mood and coping skills.

We use a range of evidence-based therapeutic approaches such as Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and mindfulness.

What if I don't think that neuropsychology is the right service for me?

That is absolutely fine. You may choose not to pursue this kind of help at any time.

If you have any further questions please do not hesitate to call us on:

020 7527 1501