



## LUCY HODGSON

Trainee  
Associate  
Psychological  
Practitioner

### ABOUT ME

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Hi, I'm Lucy. My role supports patients who are living with Cardiac or Respiratory Diseases, who are struggling to maintain their everyday life or showing significant levels of disease related distress.

Patients will be referred to me when:

- The patient frequently attends/contacts the practice and the GP/Nurse feels that usual medical management approaches or onward referral for medical tests/investigations are failing to improve patient clinical management. OR, issues have been linked to adherence to medication/treatment.
- GP/Nurse feels that stress/distress may be playing a role on the presenting clinical presentation.

### HOW CAN I SUPPORT YOU?

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A Trainee Associate Psychological Practitioner can offer support by:

- Offering **1 to 1 sessions** followed by an approx. 30 minute follow up session
- Helping those who feel anxious and are struggling in relation to adjusting to their cardiovascular or respiratory condition diagnosis
- Patients who are feeling **anxious** but do not meet the IAPT criteria
- I am also here to help patients' **physical health** conditions that impact their **mental health**

### TIMETABLE

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Monday	Eastham Group Practice
Tuesday	Sunlight Group Practice
Wednesday	Allport Surgery

