

Amputee Counselling Services

Most Centres will have a Counsellor, Clinical Psychologist or Nurse Counsellor on their staff available to people who are about to have or who have recently had an amputation, or to people who are born with limb absence and their families.

What is Counselling?

Counselling is an opportunity for you to talk privately and confidentially about your feelings and experiences in a way that might not be possible with your family and friends. Counsellors are trained to listen and to help you find your own solutions to any difficulties you may be having. The Counsellor will not give you the answers, but will help you to make sense of what is happening to you and help you to make decisions for yourself.

Confidentiality

It can be a relief to share any anxieties you have with a Counsellor in the knowledge that nothing you say will be repeated without your complete agreement. You can work at our own pace and talk about things if and when you feel ready.

Counselling Sessions

Counselling sessions usually take place once a week and usually last for 50 minutes. The number of sessions required is decided between you and your Counsellor. Some people find that a few sessions, maybe even one or two, are sufficient. Other people prefer an arrangement that lasts for some months.

Some Counsellors only work with people at their Centre while others are available to make hospital visits and home visits. This depends on the client's circumstances and the service provided by the local Primary Care Trust.

Most Counselling Services will accept self-referrals as well as referrals from members of the Clinical Team, Consultants, Ward Staff and GPs.

Find Out More

For further information about Counselling in your area, please contact your Limb Centre directly or speak to your GP.