



**St Vincent's**

*Continuing the Mission of  
the Sisters of Charity*

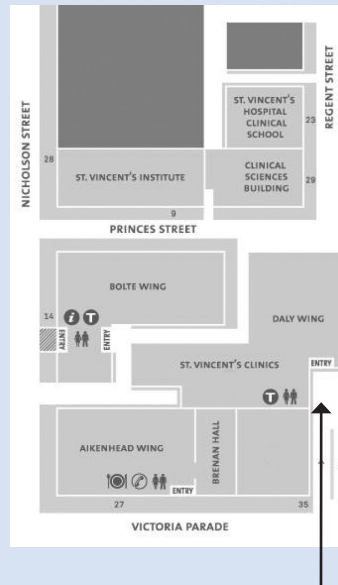
*The Inflammatory Bowel Disease  
Counselling Clinic*

**STV**

### *Helpful phone numbers*

- IBD helpline  
Tel: 1800 138 029
- Australian Crohn's and Colitis Association  
Tel: (03) 9815 1266
- St Vincent's Psychiatric Triage  
Tel: 1300 558 862
- Lifeline Australia  
Tel: 13 11 14
- Kids Helpline  
Tel: 1800 551 800

### *Where are we located?*



St Vincent's Clinics  
35 Victoria Pde  
Fitzroy VIC 3065  
Tel: (03) 9288 4126

*The Inflammatory  
Bowel Disease  
Counselling Clinic*

Information for patients

August 2009

#### Mission

Our health service is based on and driven by our quest for:  
Compassion – Justice – Human Dignity – Excellence – Unity

## *The Inflammatory Bowel Disease Counselling Clinic*

The Inflammatory Bowel Disease Counselling Clinic is a supportive psychological service for people who are suffering from Crohn's disease or ulcerative colitis and may be experiencing psychological distress.

### *What is counselling?*

Counselling is a collaborative interaction between you and your psychologist that focuses on enhancing your psychological wellbeing and self understanding.

The first few counselling sessions are known as the assessment period. You and your psychologist discuss the issues that have brought you to therapy and explore your background. At the completion of the assessment period, you and your psychologist will determine if any further sessions are required and, if so, a personalised treatment plan will be developed.

### *Can counselling help me?*

The challenge of managing inflammatory bowel disease is an added burden to everyday pressures.

If you are experiencing any of the following common symptoms you are not alone, and psychological counselling may be helpful:

- Constant exhaustion
- Concerns about your body image
- Frequent changes in your mood

- Sadness, anxiety or irritability
- Loss of interest or pleasure in usually enjoyable activities
- Difficulty sleeping
- Persistent feelings of worry or dread
- Worry and fear about surgical options
- Difficulty adapting to changes in your body
- Trouble concentrating
- Feeling guilty or worthless
- Reluctance to spend time with friends and family
- Feeling isolated

### *What services are available?*

The IBD Counselling Clinic is made up of a team of psychologists who can provide psychological assessments, individual counselling, psychotherapy, mindfulness and relaxation skills, as well as further specialist referrals if required.

The service is flexible and can range from one-off sessions to ongoing therapy, based on your individual needs.

### *Who can attend?*

If you have been a patient at St Vincent's and have been diagnosed with either Crohn's disease or ulcerative colitis, you are eligible for this service.

### *How can I access the service?*

The psychologists in the clinic work closely with the gastroenterology team. Your treating team can refer you to the service or you can contact us directly at the IBD Counselling Clinic on (03) 9288 4126.

### *Is there a cost?*

The clinic is a free service for patients at St Vincent's.

### *Clinic hours*

Thursdays 1:00 to 6:00PM  
Every second Monday 1:00 to 6:00PM

### *Staff*

Director of Consultation Liaison Psychiatry  
Dr Mike Salzberg, Consultant Psychiatrist

Clinic Coordinator  
Dr Maria Ftanou, Clinical Psychologist