

Making the most of psychological therapy

What to expect and how to get the greatest benefit from your sessions

What happens first?

Your first appointment

This is an assessment with a clinical psychologist or a trainee clinical psychologist. Together, we will explore how cancer has affected you, discuss what you'd like help with, and agree whether our service is the right fit. If therapy is appropriate, we'll develop a personalised treatment plan based on your goals.

What to expect

**50
minutes**

Approximate length of each appointment.

**8–12
sessions**

The usual course of therapy.



Usually weekly

Or a schedule agreed with you.

Top tips for getting the most from therapy

✓ Attend regularly

Coming to sessions consistently helps build momentum and gives you the best opportunity to benefit from therapy. Most people start to feel benefit at around session six, so it's important to keep coming.

✓ Be honest and give feedback

Tell your psychologist what's helping and what isn't. Your feedback helps us tailor therapy to your needs.

✓ Try things between sessions

Much of the progress in therapy happens between appointments. We'll agree simple, realistic activities to help you practise new skills.

✓ Support from others

If you feel comfortable, tell a trusted family member or friend you're attending therapy. Support between sessions can make a real difference.

Working together

Therapy works best as a partnership. Your psychologist brings specialist knowledge and guidance, while you bring your own experiences, strengths and goals. Together, we'll develop practical ways of coping that fit your life and what matters most to you.

How likely is it to help?

Psychological therapy can be very effective in helping people cope with the emotional impact of cancer. In our service:

80–90%

of people attending regularly experience meaningful improvements.

50–60%

recover from clinically significant anxiety or depression.

Even when difficulties do not disappear completely, many people tell us they feel more hopeful, more confident and better able to cope with everyday life.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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