

QEF Psychology services

Helping people cope with acquired disabilities



QEF

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foundation for
disabled people

achieving
goals for life
qef.org.uk

QEF's Neuro Rehabilitation Services, Surrey has provided expert, multi-disciplinary therapies for people with acquired brain injury for nearly 30 years.

Our clinical psychologists support individuals, couples and families in coping with the impact of acquired disabilities such as stroke or brain injury. They also provide a range of services for case managers and solicitors looking for assessments.

Your clients could receive any combination of the following:

- Individual psychological therapy sessions
- Family and carer sessions
- Assessments of cognitive strengths and difficulties
- Learning strategies to manage cognitive and behavioural difficulties
- A multi-disciplinary package combining psychology with other therapies such as physiotherapy, speech and language and/or occupational therapy

Range of therapies available

We offer a range of psychological therapies to help your clients – both individuals and families – adapt to a new way of life.

These include cognitive behaviour therapy (CBT), narrative and systemic therapy, motivational interviewing, mindfulness based cognitive therapy, schema therapy, integrative therapy and cognitive rehabilitation therapy for brain injury.

Expert assessment and treatment

We provide a full and comprehensive service to outpatients who may have experienced any of the following conditions:

- Acquired brain injury
- Stroke
- Multiple Sclerosis
- Parkinson's Disease
- Guillain-Barré Syndrome
- Spinal injury
- Primary central nervous system tumours (brain and spinal)
- Other neurological and neurodegenerative conditions

"QEF made a real difference to my daughter's ability to cope, giving her more insight into her autism and its effects on us - which really helped us as a family."

Laura, client's mother

QEF Neuro Rehabilitation Services

“Freddie’s calm and non-judgemental manner helped him develop a rapport with my client, who had been reluctant to engage with psychology services.

His close liaison with the rehabilitation team was central to managing my client’s complex behaviours.”

Rachel, case manager

Case managers and solicitors: practical services for your clients

In addition to psychological therapies, we can help with the following assessments:

- **Capacity assessments** – our psychologists will assess and support your clients in their capacity to make decisions about finances, health and other important aspects of their lives
- **Assessments for medico-legal** and litigation purposes – we are experienced in psychological assessments for litigation purposes
- **Neuropsychological assessments** and report writing – assessing cognitive strengths and difficulties, helping clients think about changes that will help them adjust to brain injury
- **Mood assessment and monitoring** in brain injury, stroke and neurodegenerative conditions – helping your clients manage difficult emotions
- **Cognitive strategy** and compensation training – strategies and techniques to help your clients adapt to changes and improve their practical daily life skills after brain injury
- **Advice** around returning to work or education and/or driving – helping your clients maximise their independence

About our psychologists

Dr Freddie Byrne, BSc (Hons), MRes, PsychD, PGDip, is a registered clinical psychologist and systemic practitioner. Prior to joining QEF in 2016 he worked across a range of clinical settings, including with families of young people identified as showing behavioural problems. He is dedicated to providing psychological support to people with brain injury and their families, and sees this as a core aspect of neuro rehabilitation.



Dr Tina Siobhan Cohen, BA (Hons), MSc, PsychDip, PsychD

is a chartered clinical psychologist, and is a full member of the Division of Neuropsychology. She has a wealth of experience of working with clients with acquired brain injuries, stroke and dementia in community, acute and rehabilitation services. She also has specialist experience in assessment and management within disorders of consciousness.



Contact us today to find out how we can help:

01737 356 222 • psychology@qef.org.uk

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qef.org.uk/NRS

Registered Charity No. 251051

Inspected and rated

Good



July 2017