How to contact us

Patient Services
The Royal London Hospital for Integrated Medicine
60 Great Ormond Street
London WC1N 3HR

Switchboard: 020 3456 7890
Tel: 020 3448 2000
Fax: 020 3448 2004
Email: rlhimpatients@uclh.nhs.uk (not for referrals)
Website: www.uclh.nhs.uk/rlhim

How to be referred

The Royal London Hospital for Integrated Medicine (RLHIM) is part of University College London Hospitals NHS Foundation Trust and accepts all NHS referrals. GP referrals are by letter or via Choose and Book. Patients can also be referred by their NHS hospital consultant.

NHS Choices provides information and an opportunity to provide feedback about our service at www.nhs.uk

If you need a large print, audio or translated copy of this document, please contact us on 020 3448 2000. We will try our best to meet your needs.
This leaflet has been written by the Psychological Therapy Services Team at the Royal London Hospital for Integrated Medicine. It is intended for patients or their family or carers who may be referred to this clinic.

If you would like any further information please contact patient services.

**RLHIM Psychological Therapy Services**

The Psychological Therapy Services specialise in the management of chronic physical health problems where the patient may be finding it difficult to cope with their illness and which may be causing emotional distress.

**What conditions can be referred?**

The Psychological Therapy Services accepts referrals for chronic physical health problems, including:

- Chronic Fatigue Syndrome
- Chronic pain-related conditions
- Fibromyalgia Syndrome
- Functional gastrointestinal disorders such as Irritable Bowel Syndrome (IBS), functional dyspepsia, chronic abdominal pain

The service makes use of the following therapies:

- Cognitive Behavioural Therapy (CBT)
- Hypnosis
- Autogenic Training (AT)
- Mindfulness

More information about each therapy can be found in the leaflet for each therapy and under the headings of each therapy, available on our website.

**What should I expect when I come to my appointment?**

At the first appointment a senior therapist will perform a thorough assessment lasting about an hour, and discuss with you if the therapy is appropriate and could be helpful for you. Follow-up sessions are on an individual or group basis. The sessions are usually weekly and vary from six to eight sessions.

**Your appointment**

If you are unable to attend your appointment please let us know at least 48 hours beforehand so we can offer your appointment to someone else. If you do not attend your appointment without telling us we may refer you back to your GP. After completion of your treatment you will be referred back to your GP.

**Professional education and training**

The RLHIM is also a teaching hospital and from time to time other healthcare professionals may observe in outpatient clinics as part of a training course. We will always ask your permission for students to sit in during your consultation. You do not have to have students present if you would prefer not to.