

If you have been referred to our service, please feel free to contact us with any questions you have prior to the first appointment.

We can see you whilst you are in hospital or attending the Gynaecology outpatient clinic.



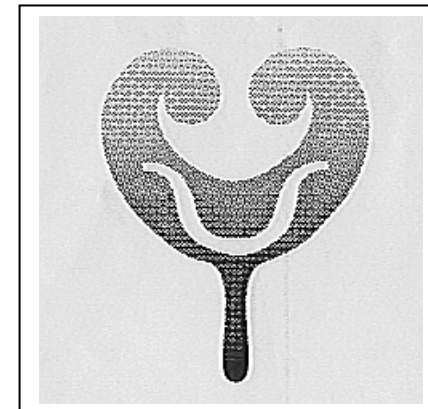
How to contact us

You can contact us:

- Prue Fisher:
 - ph 307 4949 ext 27243,
 - PrueF@adhb.govt.nz
- Leena St Martin
 - ph 307 4949 ext 27244,
 - LeenaSM@adhb.govt.nz

Women's Health Psychology Service

**Tena koutou katoa, Kia orana, Talofa lava, Malo e lelei,
Fakaalofa lahi atu, Taloha Ni, Ni Sa Bula Vinaka,
Greetings and Welcome to National Women's**



Women's Health Psychology Service
National Women's
Updated September 2014

**Gynaecology Outpatients
Level 6, Building 4,
Greenlane Clinical Centre.**

Our aim

To help women attending gynaecology services to adjust to their physical health condition, promote their general well-being, and help with psychological distress.

Who are clinical psychologists?

Clinical psychologists have post-graduate University qualifications in psychology including theoretical, practical and research based study.

Clinical Psychologists are required to be involved in ongoing training and education to ensure their knowledge of theory and practice is up-to-date.

Who we see

We see women with a range of gynaecological conditions including:

- Menopause
- Pelvic pain, antenatal pain and endometriosis
- Genital pain conditions such as vaginismus and vulvodynia
- Cervical, vulval and ovarian conditions
- Hysterectomy
- Cancer treatment and radiation therapy
- Sexuality concerns following treatment
- Complex adolescent gynaecological conditions

Our service is routinely offered to women undergoing certain procedures or attending certain clinics. We can see individuals, couples and families.

How we can help

We can discuss ways to help with:

- Decision making about treatment
- Pain management strategies
- Adjustment to a health condition
- Stress management and coping strategies
- Lifestyle planning
- Individual, couple, and family therapy regarding the health condition
- Sexuality and relationship intimacy concerns

Providing a quality service

Clinical psychologists working at Auckland District Health Board are registered with the NZ Psychologists Board www.psychologistsboard.org.nz

Our work is guided by the New Zealand Psychological Society's Code of Ethics.