

### **Female Multidisciplinary Clinic: Clinical Psychology Service**

Welcome to our specialist clinic for young women who have female health conditions. My name is Prue Fisher and I am the clinic's clinical psychologist.

My role is to introduce our service to young women who will be making important decisions about future treatments and choices around sexual functioning. If you are not ready for this discussion let me know when you are. Unless you tell me otherwise I will contact you each year, by phone, and check where you are in terms of readiness. I also stay in touch so you can get to know me better and feel more comfortable discussing your personal preferences and treatment decisions.

There are three steps needed to make a treatment decision:

- a. Level of thinking: Being old enough in your thinking to make an informed choice. To assess your thinking I will ask about your schooling experiences, your past decision making and your understanding of the possible outcomes of each treatment.
- b. Emotional responses: Together we need to explore what you want in the future about being a sexual person and being in a relationship as a girlfriend, partner or wife. I also need to check that you are emotionally adjusting to your diagnosis.
- c. Knowing your own body: We will discuss what you know about your own body and what information you have gained through reading and looking up your condition online. We will discuss your thoughts, ideas and experiences and work out what treatment will best fit your body and needs.

Our clinic places a lot of importance on providing the right treatment at the right time for each individual young woman. In this way we hope you are making good safe decisions for yourself that matches you and your individual preferences.

My role in this clinic is based on young women's physical bodies, differences and how you are adjusting to your condition and treatment but sometimes young women who use our clinic have other worries and responsibilities going on in their lives. If you have more general worries such as what's happening at school let me know and I will, if this is what you want, do my best to find the right person for you to talk to. Sometimes just talking to another person outside the situation is enough. Please feel free, if you require any further information before the introductory session to contact me on the email address below.

Kind regards

Prue Fisher (PhD)

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