

MURRAY FOUNDATION

>> coming to terms with your situation

Losing a limb is a very personal matter. Your body has been permanently altered and almost all aspects of your life are affected. You probably feel that no-one else could possibly understand what you are experiencing. Your emotions are running riot and your mind is racing with all sorts of questions such as -

- **What is expected of me?**
- **How can I ever return to normal living?**
- **How do I cope with all of this?**

There is not just the physical rehabilitation to consider – the process of emotional rehabilitation must also be gone through in order to enable a return to balance. This is a challenge that able-bodied friends and family cannot begin to appreciate and ultimately one that you must go through on your own.

The emotional responses to limb loss are as complex and unique as each individual. At any time the feelings can range from:

Almost all individuals experience shock when faced with losing a limb. The extent to which you experience these painful responses is based upon your own emotional makeup. You and your family should however recognise that this intense range of emotional responses is all part of the process and be assured that most individuals do return to their normal selves.

It's at this time that counselling could be of great help to all concerned, and can be made available if you feel it would be of benefit.

WHAT IS COUNSELLING?

Counselling occurs when a counsellor sees a client in a private and confidential setting, to explore a difficulty the client is having. Counselling is always at the request of the client and no-one can be "sent" for counselling.

In the counselling sessions the client is able to explore various aspects of their life and their feelings, talking freely and openly in a way that is rarely possible with family or friends. The counsellor, whilst acknowledging and valuing those feelings, neither judges nor offers advice - thus allowing the client to feel accepted and respected as a person in their own right.

The counsellors may adopt many different approaches when building up the relationship with the client, but client autonomy is always the aim. The clients make their own choices, their own decisions and are ultimately responsible for putting them into action.

PERSON CENTRED THERAPY

The Association of Person Centred Therapy consists of a group of practitioners trained in the Person Centred approach. The training is recognised by the British Association of Counselling & Psychotherapy, which also requires all PCT (Scotland) members to adhere to the Code of Ethics for the Association. Counsellors are also required to be in on-going, regular supervision.

A pool of Person Centred Therapy counsellors has been identified for Scotland and arrangements can be made for you to either be visited in the hospital, at the counsellors office, in a neutral location or in your own home. Whichever you are the most comfortable with.

PERSON CENTRED THERAPY ... CONTACT NAMES AND NUMBERS

Annette Kelly (Glasgow) **0141 944 8586**
Mairi McMenamin (Glasgow) **07841 419751**
Lorna Carrick (Lanark) **01555 893189**
Pat Hutchison (Edinburgh) **0131 553 1337**

The person centred approach is based on a deep respect for the person, and for the central truth that it is each person who is an expert on his or her own life. Counsellors trained in this approach offer a relationship within which a person can explore the meaning and experience of his or her own life, and begin to get in touch with feelings and conflicts. The first meeting is usually seen as being exploratory, allowing the client to discuss in confidence whatever concerns she or he has and decisions can be made about future sessions.

HOSPITAL VISITING

Hospital Visiting - a confidential, one-to-one service, provided by people with limb loss/absence is also available. Hospital Visitors are not "experts" ready to solve your problems; they are people who have themselves and their experience to share. They do however still use a person-centred approach to counselling. The visitors are trained and adhere to the British Association of Counselling & Psychotherapy Code of Ethics and Practice.

Your Ward Sister or Physiotherapist has a register of all the Hospital Visitors and should be able to arrange a visit if you would like to talk with someone.

CONTACT WITH PARENTS

If you are the parent or carer of a child who has a limb absence, or who has suffered an amputation as a result of trauma or illness, then it is possible to speak to other parents in a similar situation. If you would like to access this service, then please contact the **Murray Foundation office** on **0141 580 8564** for further details.

SUPPORT GROUPS

At this time, you may be experiencing a great sense of isolation with no-one to say:-

"I'm like you"
"I know what you are going through"

At this time, finding out what life is like for other people who have lost limbs is critical to the recovery process. Those who have learned to cope successfully, have valuable insights to share.

They can help you accept reality, cope with painful emotions and develop a positive attitude to your situation.

This can be achieved either through the Support Group for your area, or through individual, personal visits, which can also be arranged.

SUPPORT GROUPS

CONTACT NAMES AND NUMBERS

ALF	<i>Fife</i>	<i>Gillian Cosgrove</i>	<i>01383 726135</i>
AYR	<i>Ayrshire</i>	<i>Archie Bennie</i>	<i>01294 215208</i>
DUNDEE	<i>Tayside</i>	<i>Laura Rossbottom</i>	<i>01382 660111 ext 36149</i>
ELGIN	<i>Elgin & Moray</i>	<i>John Barclay</i>	<i>01343 820899</i>
HIASG	<i>Highlands & Islands</i>	<i>Anne Driver</i>	<i>01463 793584</i>
IN STEP	<i>Falkirk & Forth Valley</i>	<i>Donnie McDiarmid</i>	<i>01786 824282</i>
LAWSTEP	<i>Lanark</i>	<i>John McNeil</i>	<i>01555 770730</i>
LOONS	<i>Aberdeen & North</i>	<i>East Dave Macdonald</i>	<i>01224 644749</i>
PAGE	<i>Glasgow (Central & East)</i>	<i>David Allister</i>	<i>0141 647 2547</i>
PUSH	<i>Edinburgh</i>	<i>David Wraight</i>	<i>0131 258 9555</i>
RAMP	<i>Inverclyde</i>	<i>Agnes Lang</i>	<i>01475 742723</i>
SCAFFOLD	<i>Glasgow (North East)</i>	<i>Jim Caldwell</i>	<i>01236 601970</i>
SWAGGER	<i>Glasgow (South West)</i>	<i>Johan Graham</i>	<i>01389 730012</i>
TULIP	<i>Glasgow (North West)</i>	<i>David Lang</i>	<i>0141 576 0565</i>

SCOTTISH REHABILITATION CENTRES

GLASGOW

WESTMARC
Southern General Hospital
NHS Trust
1345 Govan Road
GLASGOW G51 4TF
0141 201 2620

EDINBURGH

Rehabilitation Engineering Services
Eastern General Hospital
Seafield Street
EDINBURGH EH6 7LN
0131 536 4663
Moving Summer 2006

DUNDEE

TRES Prosthetic Services
Tayside Orthopedic
& Rehabilitation
Technology Centre
Ninewells Hospital
& Medical School
DUNDEE DD1 9SY
01382 496296

ABERDEEN

Mobility &
Rehabilitation Services
Woodend Hospital
Eday Road
ABERDEEN AB15 6XS
01224 556843

INVERNESS

Limb Fitting Centre
Raigmore Hospital
Perth Road
INVERNESS IV2 3UJ
01463 706165

THE MURRAY FOUNDATION

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