

Psychologists are regulated by the Saskatchewan College of Psychologists, 306-352-1699 and by the Canadian Code of Ethics for Psychologists.

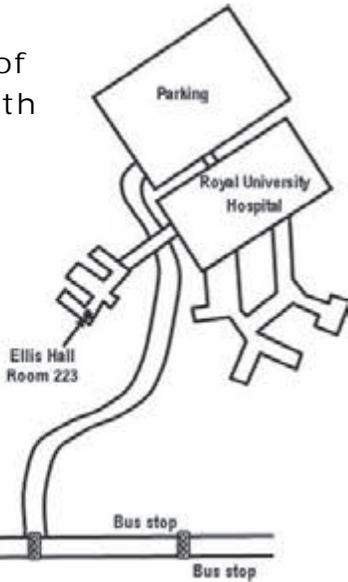
More information is available at [www.skcp.ca](http://www.skcp.ca) and <http://www.cpa.ca/aboutcpa/committees/ethics/codeofethics>

## Department of Clinical Health Psychology

Room 223, Ellis Hall,  
Royal University Hospital,  
Saskatoon, SK S7N 0W8

Phone: 306-655-2341  
Fax: 306-655-2340

Finding the Department of Clinical Health Psychology

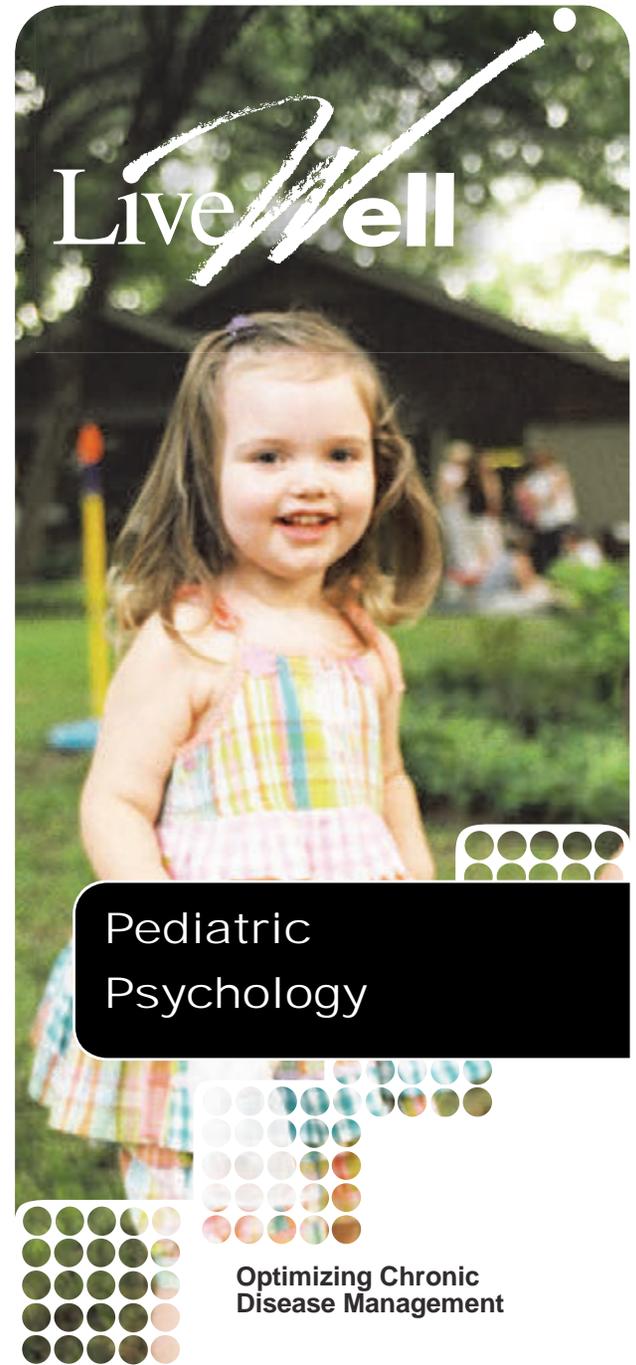


### Pillars of Chronic Disease Management Program Design

Exercise	Disease-Specific Management	Self-Management
<ul style="list-style-type: none"> <li>Community based supervised exercise and rehabilitation programs providing personalized exercise prescription</li> <li>Education sessions</li> <li>Group and social support</li> </ul>	<ul style="list-style-type: none"> <li>Inter-professional team working closely with individuals, their family, Family Physicians and Specialists.</li> <li>Evidence-based optimal care delivery.</li> </ul>	<ul style="list-style-type: none"> <li>Individualized plan of action for patients</li> <li>Peer-led support classes through the LiveWellwith Chronic Conditions Program</li> <li>Enhance self-management skills</li> </ul>

#### Saskatoon and area locations

- Saskatoon Area Hospitals
- Humboldt District Hospital



## What is a Pediatric Psychologist?

Pediatric psychologists are specialists who help children, adolescents, and their families to manage medical health-related difficulties.

Health conditions often have harmful consequences such as missing school, depression, anxiety, and problems in relationships. These problems can and should be treated regardless of their cause.

The pediatrician and psychologist work together to address both physical and psychological aspects at the same time.

The involvement of a psychologist does not mean that the problem is assumed to be psychological in origin; however, feelings, thoughts and behaviours can be addressed for the best possible outcome.



## Why would we see a pediatric psychologist?

A pediatric psychologist may be helpful to children and adolescents with concerns such as:

- Pain and stress arising from injury, hospital care, or illness.
- Difficulty in coping with chronic illnesses such as asthma, headache, inflammatory bowel disease, cystic fibrosis, obesity, cancer, and others.

## What are the goals?

- To help the child to grow in independence and confidence
- To help the child to combine and use many ways of controlling pain and other symptoms
- To reduce difficulties resulting from the medical conditions (e.g, less time away from school)
- To reduce fear and anxiety related to the child's medical condition

## How do we get to see a pediatric psychologist?

Appointments are made following a referral to the Department of Clinical Health Psychology. Ask your physician or other health care provider for a referral if you feel these services might be helpful.

## How can a pediatric psychologist help

- The pediatric psychologist will meet with the child and parent to assess the situation and to plan a course of action.
- The child or youth and parent will have an opportunity to talk openly and confidentially about their concerns.
- Plans may include further assessment, psychological treatment, or consultation with the child's school or with other health care providers.

