

Maternity Review Psychology Service (MRPS) Information for Families

Aims of the service

To provide specialist psychological support for families who are part of the Independent Maternity Review into cases of serious concern at the Shrewsbury and Telford Hospitals NHS Trust (SaTH).

Who provides the service?

We are a small team of Psychologists with specialist expertise in working with individuals and families whose lives have been impacted by the distress and trauma of their maternity experiences. The service is hosted by Midlands Partnership NHS Foundation Trust (MPFT).

What does the service offer?

An initial consultation session is arranged for the person/members of the family referred to us. The consultation will last for around an hour and a half, and will usually be with two Psychologists. It is hoped that this will be a chance for the individual or family to tell the story of what they have been through in a safe and supportive context, and for many families this will be sufficient for them to progress without further psychological interventions.

Some families may feel that after the initial consultation, they would benefit from further intervention sessions tailored to their needs, and will be offered a range of different therapies and meaningful choice about any psychological treatment.

All families who access the service will be offered return consultation support within a 12 month period, via two additional top-up consultations. Families are welcome to take up or decline these sessions based on their preference, and as agreed with the clinical team. During the current pandemic, sessions will be either over video or phone call, however there is the option of face to face sessions which can be explored with your clinician. The availability of top-up consultations will be within the time frame of the MRPS operating, currently for 18 months from February 2021.

How can we access the service?

Currently referrals are via the Maternity Review Team and the Listening Ear Service, who will seek your consent before making the referral, and to liaise with your GP.

Getting your feedback

We are keen to understand how families experience the support offered by the MRPS, and as part of your care you will be asked a few questions before using the service about what you would like to get from working with us, and then again after to find out whether we have met your needs. As part of your consultation there will also be a few brief questions for us to understand more about the nature of how your experiences have impacted on you.

We hope this information has been helpful, but if you have any further questions, please do ask the Maternity Review Team and/or the Listening Ear Service, who will be happy to assist.