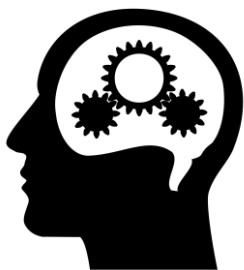


Cardiac Psychology



How can a psychologist help me?

Psychiatrist or Psychologist?

Many people get confused about the roles of a psychiatrist and psychologist. A **psychiatrist** is a medical doctor (MD) and generally uses medication and sometimes therapy to help with mood, anxiety, and other mental health concerns. A **psychologist** is also a doctor (PhD) and uses brief, evidence based therapy to teach tools for changing unhelpful thoughts and behaviors. A psychologist may also help individuals and families adjust to a new diagnosis, medical device, or procedure.

The Texas Children's Hospital Psychology Service has pediatric psychologists who are specially trained to work with children and adults, as well as their families to help with:

- Adjusting to a new diagnosis
- Adjusting to a medical device
- Disease burden or burnout
- Trouble with medications or procedures
- Family communication about health
- Depression and anxiety related to health
- Other challenges as needed

At Texas Children's Hospital, our psychologist is part of the medical team.

Being diagnosed with a heart condition is a major adjustment for the whole family. This adjustment includes getting used to new medications, doctor's appointments, and coping with emotional and behavioral changes that can happen after any big life event.



If you would like to meet with a cardiac psychologist, just ask your medical team to place a Psychology referral. Please also see the Texas Children's Hospital Psychology webpage for more information:

<https://www.texaschildrens.org/departments/clinical-pediatric-health-psychology>

Katherine Cutitta, PhD

Located at Texas Children's Hospital Main Campus
Available to Heart Center patients and families