

The Psychologist's Role as Part of the UCSF Hearing Loss Clinic Team

When your child is diagnosed with a hearing loss it can feel overwhelming. All kinds of concerns and emotions may come up for you, your family, friends, and community. While some families seem to navigate first learning that their child has a hearing loss and the medical, educational, social, and emotional challenges and choices that follow, it is not uncommon, and is actually quite normal, to experience changes in mood and outlook. These changes can be mild and resolve on their own but at other times, these mood changes can linger and impact you and your family's hearing-health and well-being. You may notice feelings of sadness, grief, anxiety, depression, lowered school performance, social problems, anger, and the like. Again, you are not alone.

Here at the UCSF Hearing Loss Clinic (HLC) we recognize that hearing loss is more than just about 'the ears' and involves what is 'between the ears.' This is why a mental health provider is an integral part of the HLC Team. Dr. Jennifer Gans, a clinical psychologist, specializes in the psychological impact of deafness and hearing on well-being. During your visits to the HLC she is here to talk with you about how your child and your family are managing the challenges of growing up with a hearing loss.

By talking to a professional about your emotional concerns, perspectives can shift and new choices may appear more available to better support your child's hearing health. If you have not already, we encourage each family to make contact with a local mental health provider and/or school counselor in your community. We are happy to help to connect you with such services. You are also welcome to meet with the HLC Team psychologist during your visits to the Clinic.

For more information, please get in touch with our program coordinator, Cimeran Kapur via email Cimeran.Kapur@ucsf.edu