

How often will I have therapy?

Therapy sessions are usually weekly or fortnightly to begin with, depending on your circumstances and the type of therapy.

Each session usually lasts 45-60 minutes. Group sessions are sometimes longer

Confidentiality

Discussions between you and your therapist are confidential, unless they judge that you are likely to be a danger to yourself or others, especially to a child. However, PTS staff will share information with your care team, who will also keep your information confidential.

Your name will not be used during supervision of therapists.

Discharge

Once your therapy has ended, we will prepare a report or a letter for your care coordinator and your GP. You may be asked to complete an 'outcome' questionnaire and later a satisfaction questionnaire for your feedback, as we are constantly trying to improve our service.

Do you want to know more?

If you have further questions, then please talk to your care coordinator or the other person who is referring you.

Choosing Talking Therapies 2001
www.doh.gov.uk/mentalhealth

Contact us

Therapy takes place at various locations, but our base is:

Bath NHS House
Newbridge Hill, Bath
BA13QE
Tel 01225 731563

For information on Trust services visit
www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362900
Free phone: 0800 073 1778
Email: awp.pals@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, audio, Braille) or in another language, please call the PALS number.

Lead: Head of psychological therapies
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Avon and Wiltshire
Mental Health Partnership
NHS Trust

Psychological Therapies Service

Bath and North East Somerset Specialist Mental Health Services



You matter, we care

What is psychological therapy?

All psychological therapy involves talking and listening; usually about emotions, sometimes about changing the way you think and what you could do differently.

Other psychological therapies focus more on understanding difficulties in terms of early experiences. Some involve a method such as art, movement or music.

Therapy can be one to one, in groups with other service users; as a couple; or with your family.

Psychological Therapists have supervision on their therapeutic work to make sure you receive a high standard of professional care.

What sorts of therapy do we offer?

Given the many different types of psychological therapy, PTS is staffed by a range of specialist psychological therapists.

Whilst we are not able to offer every therapy, we offer therapy which has been shown through research to be effective for the disorders we treat. That is those recommended by the National Institute for Health and Clinical Excellence (NICE).

Who can benefit from therapy?

Psychological therapy can help people with a wide range of difficulties. Different kinds of therapy will suit different people depending on their situation and experiences.

For this reason, everyone is given an assessment before deciding on whether/which therapy is right for her/him.

The assessor will discuss with you which approach is most likely to help you and can give you a leaflet on that specific therapy if you would like more detailed information.

Therapy is more likely to be effective if you are able to attend regularly and can take an active role in sessions to explore your feelings, thoughts and behaviour. Some therapies may require you to carry out tasks between sessions.

How can I be referred to PTS?

You may already have done some psychological work with the Primary Care Psychological Service and/or with your mental health worker.

Your care coordinator or your psychiatrist may refer you to PTS. You can only be referred by one of the mental health service inpatient, community teams or recovery teams.

There may be different reasons for referral:

- To help you and your mental health workers come to a better understanding of your difficulties
- For a specialist assessment
- To explore whether you might benefit from a course of therapy.

If you have problems which might make it difficult to attend, please let your care coordinator know, or contact us when you receive your first appointment letter.

What happens during an assessment?

Together, we will discuss your situation, the difficulties you are having and how these may have arisen. It may take more than one appointment.

You will work with the assessing therapist to build a picture, often called a 'formulation' of what has been happening and will try to understand the difficulties, whilst deciding the best way forward.

As part of this, we may ask you to complete some written questionnaires.

What happens after an assessment?

We may:

- suggest psychological methods that you and your mental health worker might work on
- suggest a course of individual or group therapy with us
- suggest referring you to another service that can more closely meet your needs
- or we may agree that now is not the best time to do any sort of psychological work.