

## What service users have said about their assessment

*“If you feel daunted, there’s no need – it’s laid back and everyone is nice”*  
(assessment for cognitive behaviour therapy)

*“It’s made clear it’s an open space with no judgement”*  
(assessment for psychological therapy)

*“it helped me put all the pieces together to understand why I had experienced psychosis”*  
(psychology assessment in Early Intervention in Psychosis Service)

*“Not a formalised rigid structure – it was really relaxed and made me feel comfortable”*  
(assessment for cognitive behaviour therapy)

## Contact us

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For information about Trust services visit  
[www.awp.nhs.uk](http://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  
Freephone: 0800 073 1778  
Email: [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

## Other formats and languages

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

Lead: Clinical Psychologist Chatsworth House  
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Avon and Wiltshire Mental  
Health Partnership  
NHS Trust

# How to get the most out of your assessment

## Swindon Psychological Therapies Service (PTS)

## What is an assessment?

We offer a range of psychological therapies and psychological services to people who are under the care of specialist mental health services in the Swindon area.

After a referral, we invite the person for an assessment. Assessments can vary for different people. Most involve meeting with a psychological therapist to talk about yourself.

Assessments can focus on:

- a clearer understanding of the problem
- finding out more about your abilities
- how your Recovery Team can support you
- whether or not psychological therapy might be helpful.

## Who can benefit from psychological therapy?

A number of individual and group therapies are available.

Therapy can be helpful for some people, but it does not work for everyone.

Research also tells us that some kinds of therapy work better for some people than others. You may also have your own preferences about the kind of therapy you would like.

For more information, please see our leaflet 'Swindon Psychological Therapies Service' on the Trust website:

<http://www.awp.nhs.uk/news-publications/publications/patient-information/>

## What happens in an assessment?

An assessment will be tailored to your needs. These are some of the things it might involve:

- an opportunity for you to describe your strengths and difficulties
- a chance to develop an understanding of how your difficulties arose. You may be asked about things that have happened in your life (but you do not have to talk about anything that you do not want to)
- completing some questionnaires

It often takes more than one appointment.

## Worries about assessments

We understand that assessments can be difficult and will try our best to help.

If you have any concerns about your assessment, please talk to your care-coordinator or your psychological therapist when you meet.

## Things to consider if you are thinking about therapy

1. What would you like therapy to help you with?
2. If there are many things, which would make the most difference to you being able to get the most out of life?
3. Can you attend regularly?
4. Are you able to take an active role in sessions?
5. Some therapies ask you to complete tasks between sessions - is this something you could do?
6. Are you ready to make changes?
7. Are you able/willing to explore your feelings?
8. Is now a good time for you to do this?
9. Therapy can sometimes bring up difficult feelings – do you feel able to cope with this now?
10. How much support do you have?

## What happens after assessment?

As with all NHS services, we write notes about the assessment. We usually write a letter to you about the assessment and the outcome. This is also sent to other people involved in your care to keep them informed.