

How often will I have therapy?

Therapy takes place at a range of locations

Sessions are usually weekly or fortnightly to begin with. Each session usually lasts 45-60 minutes. Group sessions may be longer.

From time to time, we may ask you to complete a questionnaire to measure your progress.

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

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.

Ending therapy

Once your therapy has ended, we will prepare a report or a letter for your Care Coordinator and your GP. We may ask you to complete an 'outcome' questionnaire and a satisfaction questionnaire, as we are constantly trying to improve our service.

Further information

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

- Choosing Talking Therapies? 2001
www.doh.gov.uk/mentalhealth
- Health Professions Council
www.hpc-uk.org/

Contact us

North Somerset Psychological Therapies
Service (PTS)
The Coast Resource Centre
Locking Castle
Weston super Mare
BS24 7FY
01934 523700 9am-5pm

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, Braille) or in another language, please call the PALS number.

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Avon and Wiltshire
Mental Health Partnership
NHS Trust

Psychological Therapies Service (PTS) in North Somerset

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.

There are many kinds of psychological therapy. Some look at how difficulties may relate to early experiences, others focus on the present and the future. Some involve an activity such as art.

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

What sorts of therapy are available in the Psychological Therapy Service (PTS)?

There are a range of specialist psychological therapists in our team. Whilst we are not able to offer every therapy, we offer therapy which has been shown through research to work well for the difficulties that we treat and are recommended by the NICE (National Institute for Health and Clinical Excellence- www.nice.org.uk)

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 whether or which therapy is right for her/him.

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 behaviours.

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 psychiatrist may refer you. You can only be referred to PTS by one of the mental health service inpatient team or community 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 will make it difficult for you to come for an assessment, please tell your care coordinator or contact us when you get your first appointment letter.

What happens during an assessment?

We usually meet for an hour to an hour and half. If you would prefer a shorter meeting, please let us know. We may be able to meet you for more than one assessment session.

You are welcome to bring someone with you such as your care coordinator, family member or friend.

Together we will discuss your situation, the difficulties you are having and how these may have started. We may ask you to complete some written questionnaires.

You and the assessing therapist will build a picture, often called a 'formulation', of what has been happening. Together we will try to understand the difficulties and decide on the best way forward.

What happens after an assessment?

We may suggest:

- psychological methods which you and your mental health worker could work on.
- a course of individual or group therapy with us. The assessor will discuss with you which approach is most likely to help you, and can give you a leaflet about that specific therapy if you would like more information.
- referring you to another service which can better meet your needs.
- that you do some preparation before you start therapy and discuss how you might do this.
- that now is not the best time to do any sort of psychological work.