

Further information

If you need more information about a particular therapy, please ask for a specific leaflet from the list below.

- Arts Psychotherapies
- Cognitive Behaviour Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Psychodynamic Psychotherapy
- Systemic Family Therapy
- Mindfulness Based Cognitive Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Schema Therapy

Contact us

Swindon Psychological
Therapies Service
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For information about 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
Freephone: 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

Swindon Psychological Therapies Service (PTS)

This is one of a series of leaflets
for service users on psychological
therapies

It describes briefly some of the
available therapies

What is the Swindon psychological Therapy Service?

We offer a range of psychological therapies for people who use the Recovery Teams and Complex Intervention Team in Swindon.

What types of therapies are there?

A variety of individual and group therapies are available.

- **Arts Psychotherapy** offers a safe place to explore and express thoughts, feelings and past experiences that may be intruding on your life. Using art materials can be helpful when words are difficult or not enough.
- **Cognitive Behaviour Therapy (CBT)** guides you to develop an understanding of your difficulties in terms of thoughts, feelings and behaviours. The therapist supports the client to explore goals and strategies to develop more helpful ways of coping.
- **Dialectical Behaviour Therapy (DBT)** is a type of cognitive behavioural treatment. It is designed for people who have difficulties in managing their emotions and who may self-harm and have attempted suicide. It involves both group and individual work.

- **Schema Therapy** helps people identify patterns relating to themselves, others and the world around them and ways to change difficulties in these patterns.
- **Systemic Family Therapy** is a way of looking at difficulties from the view of everyone involved. By talking about difficulties together, the family may be able to spot changes that could be useful for everyone.
- **Psychodynamic Psychotherapy** can help develop understanding of how past experiences, current ways of thinking and relating and anxieties about the future are causing difficulties now.
- **Therapy for Trauma and Abuse** may offer a safe space to address traumatic events in people's lives. There is also EMDR (Eye Movement Desensitisation and Reprocessing) for specific symptoms associated with past trauma.
- **Groups** offer the opportunity to learn about mental health difficulties and coping skills and also to learn from each other. We offer groups for a range of difficulties including hearing voices, bipolar difficulties and managing difficult emotions.
- **Complementary Therapies** include aromatherapy, massage, acupressure and advice on use of essential oils.

How can I get therapy?

Your Care Coordinator will need to refer you. Please talk to them about making a referral.

What happens next?

We will consider which type of therapy may best suit your needs and will liaise with your care team about the progress and outcome of your referral.

Possible outcomes

- We may offer assessment sessions to help you think about what type of therapy might be helpful and whether in a group or a one to one.
- We may suggest other things to try that may be more suitable for your needs.
- We may offer specialist assessments to help find out more about your difficulties.

To find out more about assessments, please see our leaflet 'How to get the most out of your assessment' on the Trust website

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