

# Tower Hamlets Psychological Therapy Service

Dr Patricia Potter,  
Tower Hamlets Lead for Psychology  
and Psychological Therapies

*We care*

*We respect*

*We are inclusive*

# The service

- Operational Lead – Nicola Godwin, Psychotherapist
- Clinical Lead – Dr Elizabeth Venables, Consultant Psychiatrist & Medical Psychotherapist
- 4 Senior Psychological Therapists (clinical psychologists and group psychotherapist)
- 8 Specialist Psychological Therapists (clinical psychologists)

*We care*

*We respect*

*We are inclusive*

# The service

provides:

- Secondary care psychological assessment and treatment
- To people with serious mental health problems – psychiatric and complex psychological difficulties
- Who do not need MDT/Care co-ordination
- And who want to actively make changes

*We care*

*We respect*

*We are inclusive*

# The Service

does not offer

- Long term supportive counselling
- Dual diagnosis interventions (ie therapy for people for whom the primary problem is substance misuse)

*We care*

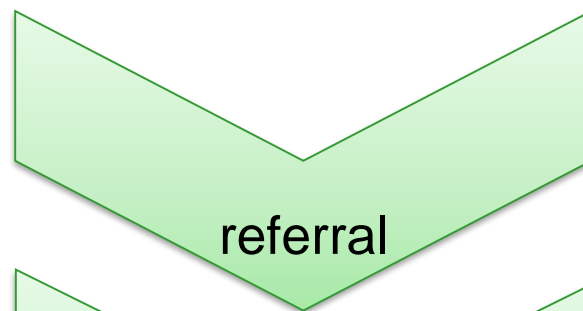
*We respect*

*We are inclusive*

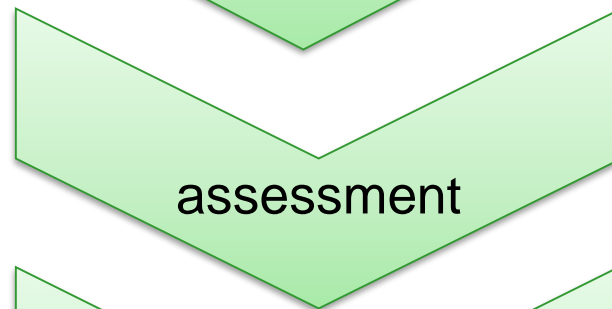
# The Challenge 2017-8

- 2017-8
  - 913 referrals
  - 80% accepted
  - 15% DNA first appointment
  - Capacity to offer 250 people individual therapy
- *2018-9 -1314 referrals*

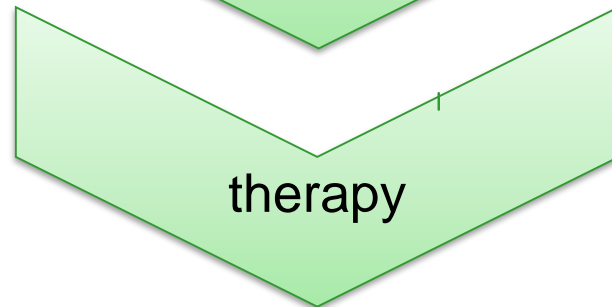
# Old Service Model



- Wait for assessment
- Often more than 6 months



- Wait for treatment
- Often more than a year

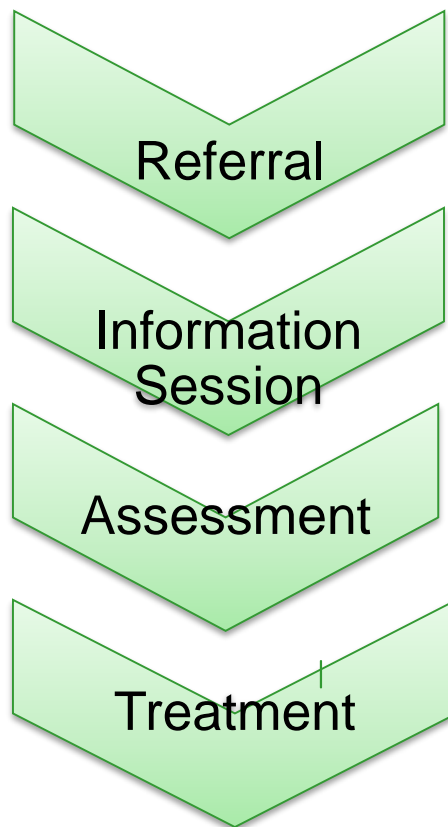


*We care*

*We respect*

*We are inclusive*

# New Service Model October 2018



- Offered place in the information session within 4 weeks of referral

- Assessment appointment within 6 weeks of information session

- Timely access to group treatment
- Access to individual treatment

*We care*

*We respect*

*We are inclusive*

# Information Session

- Provides information about:
  - what psychological therapy is and isn't
  - Recovery
  - Other services that can help – Recovery College, Work Well Trust
- Opportunity to consider if psychological therapy is right for them, without having to share any personal information



# Assessment

- 1:1, opportunity to talk about problems and therapy goals
- If a recent psychological assessment is available we won't ask people to repeat their story, unless they want to

# Assessment

- Psychologist
  - will share formulation
  - Recommend treatment based on formulation, therapy goals and evidence base
  - Or explain if there is no useful therapy intervention that we can offer
    - Sign posting
    - Advice to referrer

# Group treatments

- Range of groups
  - Psychoeducation
  - Symptom management and coping strategy enhancement (trans-diagnostic)
  - Problem specific

*We care*

*We respect*

*We are inclusive*

# Group Treatments

- Can be challenging for patients
- Not what people imagine psychological therapy to be

– however

*We care*

*We respect*

*We are inclusive*

# Group Treatments

- Most people benefit from groups
  - Shared experience (not the only one with the problem, learn from each other what has helped)
  - Mutual understanding and support – can go beyond therapy
  - Experience of helping others, competence and mastery

# Group Treatments

- “I didn’t want to go into a group at first, I felt nervous about the other people, but then I met them and they've been great. They know what I’ve been through cos they’ve been through it too, its so much better than I expected, I’d tell anyone to give it a try”

# Individual Therapy

- Retain some capacity to offer individual therapy, but much longer waiting times
- Individual therapy is:
  - time limited
  - goal oriented

# Current Groups

- CBT for recurrent depression
- CBT for OCD
- Compassion Focussed Therapy
- Dynamic Intervention Group
- Mentalisation Based Therapy
- Acceptance and commitment Therapy (Wise Choices)
- Tree of Life
- Transference Focussed Therapy
- CBTTrauma Focussed Therapy
- CBTTrauma focussed therapy for childhood sexual abuse
- Collective Narrative Therapy for survivors of domestic abuse
- Art Therapies – music therapy, movement therapy,

*We care*

*We respect*

*We are inclusive*



# Now

- 2018-9
  - 1314 referrals
  - Information Session DNA rate approximately 20% - working with People Participation to understand who DNAs and why
  - Continue to work on developing more groups to ensure capacity meets demand