**What we offer – Barnet**

**We offer a range of evidence-based treatments for depression and anxiety that have been recommended for use in the NHS. Everyone accessing these treatments has a short telephone assessment as a first step into the service. We will think together with you about what treatment would be most helpful based on your current difficulties and any other relevant factors.**

**Please note that the availability of some of the options below varies according to our staff in post.**

**Guided Self Help (GSH)**

Guided self-help (GSH) is a treatment based on the principles of Cognitive Behavioural Therapy (CBT). GSH is not the same as CBT, but an alternative brief one to one treatment which involves working through your difficulties with support from a Psychological Wellbeing Practitioner (PWP).

* It is a therapeutic approach for people with mild to moderate common mental health problems such as depression, generalised anxiety disorder and panic disorder.
* GSH consists of up to 6 sessions which may be delivered by web video, by telephone or face-to-face sessions in one of our clinics.
* Sessions are typically 30 minutes in duration.
* A personalised support programme will be designed together with you following an initial assessment session together with your PWP.
* The aim is for you to take the lead in your recovery by working through self-help materials relevant to your specific problems.
* GSH uses self-help materials such as booklets and worksheets which will be provided for you. These materials are educational and interactive. You will be encouraged to practice some of the ideas and suggestions from the material in between sessions.
* GSH helps people to understand how life events, thoughts, feelings, behaviours and bodily symptoms all interact to affect the way they feel about themselves, others, and their future. The explanations and tasks in the self-help materials help patients to understand what they are experiencing and learn ways to make changes for the better.

* Guided self-help aims to give you helpful tools and techniques that you can carry on using after the course has finished.

**Computerised Cognitive Behavioural Therapy (cCBT) (one accordion drop-down)**

Computerised Cognitive Behavioural therapy (cCBT) use a computer as the mode of delivery for the CBT self-help materials which you review with support or receiving therapy via instant chat live sessions.

**Silvercloud (sub-heading – not sure if it needs/is possible for another drop down within a dropdown?)**

Silvercloud is a platform for delivering an online therapy program designed for people with mild to moderate common mental health problems such as depression and anxiety.

* Silvercloud is based on cognitive behavioural therapy (CBT) which has been shown to be an effective treatment for both depression and anxiety.
* Silvercloud consists of an initial telephone contact with a clinician who will explain how to use the program and answer any questions you may have. There will then be up to 6 further online reviews with a trained clinician which can be arranged on a weekly or fortnightly basis. You will communicate with each other through the program over the course of your treatment.
* The aim is for you to take the lead in your recovery by working through self-help materials online which are relevant to your specific problems.
* There will be several educational and interactive modules to work through. You will be encouraged to practice some of the ideas and suggestions from the material in between sessions.
* Silvercloud helps people to understand how life events, thoughts, feelings, behaviours and bodily symptoms all interact to affect the way they feel about themselves, others, and their future. The explanations and tasks in the materials help patients to understand what they are experiencing and learn ways to make changes for the better.

**IESO (sub-heading)**

IESO offers online CBT that is exactly the same as face-to face in almost every way - you will work 1:1 with your therapist but the conversation is typed instead of spoken.

* At the time of your appointment, you simply log in and speak to your therapist by typing back and forth.
* An added benefit is that you can access the typed transcripts of your therapy sessions afterwards.
* For some people typed conversation can remove the pressure of having a face-to-face conversation, and can allow you to express your true, inner feelings.
* Sessions usually take place once a week and last up to 60 minutes.
* Research has shown that people are just as likely to recover this way, and many people have said they found it less daunting and easier to be open

**Cognitive Behaviour Therapy**

Cognitive Behaviour Therapy (CBT) is a form of talking therapy with a strong evidence-base for people experiencing common mental health problems such as low mood and anxiety.

* CBT focuses on the problems you are currently experiencing whilst emphasising the relationship between life events, thoughts, feelings, body symptoms and your behaviours. It helps you to address the way you think and what you do in order to improve how you feel.
* It is suitable for people who are motivated to change and interested in a solution-focused approach.
* It is a short-term therapeutic approach involving 50-minute sessions with a qualified or trainee CBT therapist. We tend to offer an average of 10-12 sessions.
* In the first few sessions you will work with your therapist to form a clear understanding of your problems and set goals for therapy.
* Together you will then develop a plan that will enable you to break out of the cycles that are keeping your problems going.
* You and your therapist will set an agenda at the beginning of each session, to structure, prioritise and manage each session enabling you to get the most from therapy.
* At the end of each session, you and your therapist will decide ‘in-between session exercises’ for you to do. These are important as they allow you to incorporate and practice what you have covered in sessions into your everyday life.
* Your therapist will advise and encourage you throughout your recovery. The more you practice the agreed techniques, the greater benefits you are likely to experience.

**CBT for Long Term Conditions**

IAPT for Long Term Conditions (LTC) service is designed to work with those who have certain LTCs and mild to moderate common mental illnesses, including depression and anxiety disorders.

Clients may be offered computerised Cognitive Behavioural Therapy, Guided Self Help or Cognitive Behavioural Therapy following an initial assessment.

Treatment will be adapted to focus on how LTCs impact on mood and how clients can manage their conditions and mood together going forward.

Examples of conditions that we are able to work with might include

* Type 1 & 2 Diabetes
* Pre-Diabetes
* COPD
* COPD related breathlessness
* MSK/Chronic Pain\*
* Cardiac Illnesses
* Cancer (if in remission)

 \*MSK/Chronic Pain usually refers to chronic pain (not short term, acute pain) that stems from a Musculoskeletal condition.

Please see sections on cCBT, GSH and CBT for more information on these types of therapy.

**EMDR**

EMDR (Eye Movement Desensitization and Reprocessing) is a talking therapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences.

EMDR therapy aims to tap into the minds natural ability to heal from psychological trauma much as the body recovers from physical trauma.

EMDR therapy demonstrates that a similar sequence of events occurs with mental processes.  The brain’s information processing system naturally moves toward mental health.  If the system is blocked or imbalanced by the impact of a disturbing event, the emotional wound does not heal and can cause intense suffering.  Once the block is removed, healing resumes.  Using the detailed protocols and procedures, EMDR therapists help clients activate their natural healing processes.

* In EMDR therapy – your therapist will review your personal history, consider the symptoms and problems you are having today and think about what your future goals are.
* You will select events/memories together and do desensitisation work on – using bilateral stimulation (commonly eye movements, but there are other methods) to assist the brain’s natural ability to heal and potentially improve the difficulties experienced from the previously blocked or unprocessed memories.

Please note that the availability of EMDR varies according to our staff in post. The service will think carefully with you about your treatment and only suggest therapies where there is a good clinical rationale for selecting one therapy over another that may be far more available.

**Counselling for Depression**

Counselling offers you the opportunity to talk through your problems with a trained counsellor in a confidential setting. Counselling is time set aside for you and your counsellor to look at the difficulties which have brought you to counselling. This might include talking about life events (past and present), emotions and thinking about their consequences.

* Your sessions with a counsellor will last for 50 minutes.
* The aim of the first session is for you and your counsellor to get to know each other and to decide whether you may benefit from the kind of help that the counsellor can offer.
* You will be asked to describe the difficulties you are experiencing and to talk about how you think the problems may have started. It is helpful for your counsellor to know something of your background in order to put your current difficulties in context.
* Together with your counsellor you will discuss what you hope to achieve in your sessions. At each session you will be asked to complete a short questionnaire which will help monitor your current mood and progress.
* It is usually offered to people who have mild to moderate depression and where depression is the primary problem – it will not be offered to people who have both depression and an anxiety disorder.

**Dynamic interpersonal therapy (DIT)**

Dynamic interpersonal therapy (DIT) can help people with emotional and relationship problems.

* When a person can deal with relationship problems more effectively, their psychological symptoms often improve.
* DIT is a time-limited psychodynamic therapy. Time-limited therapy happens over a fixed number of sessions.
* One of the main ideas in psychodynamic therapy is that when something is very painful, we can try to ignore it. Most of the time we know when we’re doing this, but sometimes we bury something so successfully that we lose sight of it completely. This is why difficult experiences in the past can continue to affect the way we feel and behave in the present.
* DIT provides a safe place to talk openly about how you feel and to understand what might be causing your difficulties.
* During the initial phase your therapist builds a picture of what you find difficult in your life and how this affects you and people close to you. A questionnaire is used to help with this.
* You may find that your therapist is more ‘silent’ than you are used to. This isn’t because they’re unfriendly, but because they want you to have space to work out what is on your mind. This can take a while to get used to, but your therapist knows how hard it can be and helps if you find this difficult.
* Dynamic interpersonal therapy uses what happens in the relationship between you and your therapist to help think about the problems in your life. This means that your therapist often draws your attention to what you feel in the session. The idea is that by exploring the relationship between you and your therapist, you get a better understanding of what is troubling you.

**Behavioural Couples Therapy (BCT)**

Behavioural Couples Therapy (BCT) is an evidence based treatment for depression. It is suitable for couples where low mood or depression is affecting one or both partners and leading to distress within the relationship. Research suggests that this treatment works as well as, and sometimes better than, individual treatment for depression when relational difficulties are the cause of the symptoms, or maintaining them.​

A couple is defined as two people who are in a stable, committed relationship and living together for at least six months.

BCT aims to help depressed individuals in committed relationships learn to cope with their depression as a team with their partner. Additionally, couples are helped to enhance and strengthen their relationship by improving their communication skills.

In order to engage with Behavioural Couples Therapy both partners need to be keen to be involved in the treatment and therefore both will need to refer themselves or be referred to IAPT.

**Couple Therapy for Depression (CTD)**

Couple Therapy for Depression helps people suffering from depression by using the relationship as a resource to help support the individual and their partner. It is an evidence-based therapy that focuses on the relationship in the context of depression.

People might benefit from couple therapy for many different reasons. It may be that the relationship has broken down or that there is anxiety that it might. Sustaining a fulfilling and stable relationship is never easy. Pressures from work, money, children, family tensions and ill health can all contribute to creating problems and these problems can lead to depression and other difficulties for one or both partners. Sometimes couples can’t talk to each other, and meeting with a couple therapist can open the way to better communication, which is a key part of improving relationships. Couple therapy aims to help you to achieve:

- recovery from depression

- better communication and ability to work together

- greater awareness of each of your needs

- greater understanding of your partner and yourself, and of the differences between you

- a better sense of closeness between the two of you

- being less stuck in repeating patterns in your relationships

- help with feelings of anxiety and stress in facing the challenges of your relationship and family life

- help with coming to terms with life changes such as the arrival of children, bereavement or separation

- a more stable family life

- greater confidence about the future

- an improved sexual relationship if this is needed.

**Employment Support**

We work together with **Twining Enterprise** non-profit organisation that helps individuals to get work and stay in work despite the mental health difficulties they might be dealing with. They aim to make a real difference in people’s lives by offering everyone the opportunity to enjoy the benefits of being employed.

**Twinning Enterprise** offers tailored practical support to boost individuals’ confidence in finding, securing and maintaining job opportunities. Individuals can receive one-to-one support with things like:

* Career advice and guidance
* Writing CV and filling out application forms
* Job search strategies
* Interview and presentation skills
* Preparation for first days at work

Together with employment specialists, individuals can develop their own employment goals and plans. Everyone is then supported through the process for as long as needed, even after starting a job role.

If you are interested in receiving work-related support, a referral to the employment specialists can be considered after completing the initial assessment with our service.

You can find more information about Twinning Enterprise in Barnet at <https://www.twiningenterprise.org.uk/help_for_you/barnet>.