

What are psychological therapies?

Psychological therapies include a range of counselling and behavioural therapies. These therapies or treatments can help you overcome:

- stress
- emotional problems
- relationship problems
- troublesome habits
- problems, such as hearing voices

The person carrying out the treatment is usually called a therapist, while the person being treated is called the patient or client.

Most psychological therapies can be done one-to-one or in groups. Some can now be done using a computer and online via the internet. You can also work through some treatments using self-help books.

Types of treatments

There are many types of treatments. Some are described here

Cognitive and behavioural therapies

These therapies are based on the way you think (cognitive) and/or the way you behave. They recognise that it is possible to change, or recondition, our thoughts or behaviour to overcome specific problems. Examples of cognitive and behavioural therapies include cognitive analytical therapy, cognitive behavioural therapy and dialectical behavioural therapy

Cognitive behavioural therapy (CBT)

Cognitive behavioural therapy can help you to change how you think ('cognitive') and what you do ('behaviour'). These changes can help you to feel better. It focuses on the present problems and difficulties. Instead of focusing on the causes of your distress or symptoms in the past, it looks for ways to improve your state of mind now. It has been shown to help people with anxiety disorders, bipolar disorder, bulimia, depression, phobias and stress.

The Royal College of Psychiatrists suggests that CBT may also help if you have difficulties with anger, a low opinion of yourself or physical health problems, like pain or fatigue. The British Association for Behavioural and Cognitive Psychotherapies keeps a register of accredited therapists

Humanistic therapies

Humanistic therapies focus on self-development, growth and responsibilities. They seek to help people recognise their strengths, creativity and choice in the 'here and now'. These therapies explore your relationship with different parts of yourself (such as your body, mind, emotions, behaviour and spirituality) and other people (for example family, friends, society or culture) and support you to grow and live life to the full. Examples of humanistic therapy include person-centred counselling, gestalt therapy and transactional analysis.

How can I get help?

You can receive help with psychological therapies through the [NHS free of charge](#), or you can pay to receive a service by 'going private'. Some voluntary organisations offer counselling at a reduced or discounted rate.

Improving Access to Psychological Therapies programme (IAPT)

In England the government has launched a national programme to increase the availability of psychological therapies for adults with mental health needs. This programme is called the Improving Access to Psychological Therapies Programme (IAPT). The aim is to provide people who are experiencing depression or anxiety problems with psychological therapy for a brief period when they first start to experience a problem. It is hoped that this will avoid or limit the need for medication, time off work or unemployment.

At present, IAPT services focus on the provision of cognitive behavioural therapy and counselling in addition to information, advice and signposting to other services and sources of support.

The provision of these kinds of therapies is in line with guidance from the National Institute for Health and Clinical Excellence (NICE). NICE is the organisation responsible for providing national guidance on the promotion of good health and the prevention and treatment of ill health.

The programme was trialed in a number of places across the UK. More than 70% of people who were supported reported an improvement in their mental health. The results included:

- better health and wellbeing
- high levels of satisfaction with the service received
- more choice and better access to appropriate services
- more people staying employed and able to participate in their everyday activities

Who provides IAPT services?

In Kent and Medway, three organisations provide IAPT services. These are Kent and Medway NHS and Social Care Partnership Trust (KMPT), KCA and Counselling Team Ltd. Details of the services available are enclosed on the spreadsheet below.

IAPT Services - SELF REFERRAL ACCEPTED					
TOWN	ADDRESS	PHONE NUMBER	FAX NUMBER	EMAIL	OPENING HOURS
ASHFORD	Braethorpe Resource House, Gore Hill, Canterbury Road, Ashford TN24 8QF	01233 639 383	01233 631 582	AshfordPTP@kca.org.uk	Monday-Friday, 9-5
CANTERBURY & COASTAL	The Old Bakery, Garfield Place, Faversham ME13 8AB	01795 590 212	01795 536 935	CanterburyCoastalPTP@kca.org.uk	Monday-Friday, 9-5
DARTFORD, GRAVESHAM & SWANLEY	KMPT Primary Care Psychological Therapy Service, 17 High Street, Swanley BR8 8AE	01322 669 899	01322 667 274		Monday-Friday, 9-5
DOVER & DEAL	KMPT Coleman House, Brookfield Avenue, Dover CT16 2AH	01304 216 692	01304 216 677		Monday-Friday, 9-5
MEDWAY	PTP Medway, 248a High Street, Chatham ME4 4AN	01634 406 087	01634 202 428	MedwayPTP@kca.org.uk	Monday-Friday, 9-5
MAIDSTONE	KMPT, The Courtyard, Pudding Lane, Maidstone ME14 1PA	01622 776 355	01622 776 369		Monday-Friday, 9-5
SHEPWAY	Counselling Team First Floor Offices, 6-8 Bank Street, Hythe CT21 5AN	0845 456 8972	0845 456 8973	admin@counsellingteam.com	Mondays, Wednesdays & Fridays 9-8 & Tuesdays & Thursdays 9-5
SOUTH WEST KENT	KMPT, Spa House, 18 Upper Grosvenor Road, Tunbridge Wells TN11 2ET	01892 524 996	01892 525 569		Monday-Friday, 9-5
SWALE	PTP, 4 Park Road, Sittingbourne ME10 1DR	01795 439 486	01795 424 139	swalePTP@kca.org.uk	Monday-Friday, 9-5, Mondays appointments offered until 7pm
THANET	PTP, 38 West Cliff Road, Ramsgate CT11 9NT	01843 593 832	01843 582 083	ThanetPTP@kca.org.uk	Monday-Friday, 9-5, Wednesdays appointments offered until 8.30pm

How can I get help from an IAPT service?

Your GP can refer you to these services. In some areas you can 'self-refer'. This means that you can contact the provider directly and seek an appointment to see someone. It is hoped that more services will accept self-referrals as the services develop and grow in size.

What can you expect when referred to an IAPT service?

If you are referred you will be assessed and offered the type of support that seems most suitable for your needs. IAPT services provide advice, information and signposting and therapy. You will be offered information and, depending on your needs, should be offered therapy. Therapy is available via the computer (computerised cognitive behavioural therapy also known as CCBT), over the phone, in group sessions or face to face, in GP surgeries or in local centres. You may be offered up to six or up to 20 treatment sessions. You will have an initial assessment over the telephone by a trained counsellor who will then arrange an appointment, where necessary. The current waiting time for an appointment after being assessed over the telephone is 6-8 weeks.

Going private

There are many therapists and counsellors who will provide you with therapy or counselling services for payment. These will generally charge between £30 & £50 pounds per session and many give the first session free of charge.

The British Association for counselling and psychotherapy (BACP) holds a register of accredited or registered counsellors and therapists.

For more information about accreditation and registration, go to the accreditation pages of the BACP website.

BACP client information helpdesk: 01455 883 316 for help to find a suitable counsellor.

www.counselling-directory.org.uk is a great website for finding the counsellor for you. The service is free and confidential.

At the time of placing this on the KLDC Website we have checked that all of the services accept self-referral and the telephone numbers work. Please let us know if you encounter any difficulty.

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