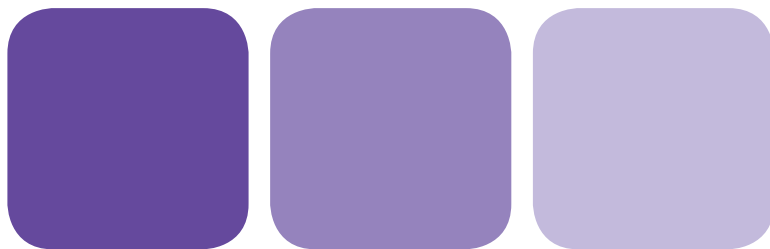




PSYCHOLOGICAL THERAPIES IN SOUTHWARK



Introduction

The South London and Maudsley NHS Foundation Trust (SLaM) provides a range of mental health services including a well established psychological therapies service. This information leaflet for patients, referrers and carers, explains the different types of psychological therapy (talking therapy) available across Southwark and how to access them.

A recent development is that Southwark has benefited from a government-funded expansion of psychological therapies, particularly focussed on depression, anxiety and post traumatic stress disorder.

What are psychological therapies and how can they help?

Psychological therapies, sometimes known as 'talking therapies', aim to help people who are experiencing personal difficulties that interfere with their lives. They provide an opportunity to talk about, explore and cope with problems, with the support of trained therapists. Some psychological therapies are also referred to as counselling.

Is it for me?

Your therapist will decide with you whether psychological therapy is right for you at this time. The most important thing is a commitment to come to sessions regularly and work together with your therapist. Psychological therapy can be helpful for anyone, regardless of age, gender, sexuality, ethnicity and cultural background.

Talking to a psychological therapist can help you understand what is going on in your life, find new ways of coping with and understanding your problems and responding differently to the challenges of everyday life.

If painful feelings like stress, sadness, loneliness, confusion, anger, fear, feeling overwhelmed and unable to cope or a sense of being cut off from the world are stopping you living life to the full, it may be time to seek help.

If you have never spoken to a psychological therapist, it is not unusual to feel nervous.

There is usually a waiting list for these therapies but we will do our best to give you a clear idea of how long you will have to wait for both assessment and treatment. We will keep in touch with the person who referred you. At assessment, the therapist will ask you about your situation, and you will have the chance to ask questions about how they can help. Don't hold back. The more you check out anything you're not sure about, the more you will get from your therapy sessions. Later on, once in therapy, you will be encouraged to talk more about your experiences. The therapist will help you learn from them to find new ways of coping and getting on with your life. (S)he will not solve the problems, but will help you find the answers for yourself. You are likely to gain most from therapy if you take an active part in it.

What therapies are available and how will I know which one is right for me?

We offer a range of therapies and will help you choose the one most suitable for you. These vary in how long they last and how structured the sessions are. The most widely available are cognitive-behavioural and psychodynamic therapies for individuals and groups, and systemic therapies for couples and families. In some services, other therapies which are helpful for particular problems are available, such as Eye Movement Desensitisation and Reprocessing (EMDR), which has benefits for some people troubled by traumatic memories. You will be able to discuss the options in more detail at your first appointment.

The first meeting provides a chance to discuss difficulties and to decide jointly if this is the right time for you to begin therapy and, if so, what kind of therapy is most likely to be helpful. An idea of how long treatment is likely to last can be given at the end of this meeting. If you have any concerns or questions, do not hesitate to ask.

The Trust psychotherapy service website (<http://www.psychotherapy.slam.nhs.uk/>) provides more information about different kinds of therapy.

If you know what kind of therapy you are looking for, please do ask, either in advance of the assessment through your GP, or at the appointment itself. Even if we do not offer it, we will try to put you in contact with an appropriate service.

How do I get therapy?

There are a number of places where you can access psychological therapies in Southwark.

- The Southwark Psychological Therapies Service can help with many cases of anxiety and depression. It offers a range of services, including cognitive-behavioural therapy and guided self-help. You can refer yourself, or ask your GP to refer you. You will then meet a member of the service, who will discuss the options with you. As part of this service, psychologists run free workshops on stress, self-confidence and sleep at Peckham Library. You can contact Seon Lynch on 0203 228 3748 for more details about these.
- For some people experiencing anxiety and depression, a different approach may be better. In this case, your GP can refer you to the Maudsley Psychotherapy Service. This can also be helpful for other kinds of problems, particularly with relationships.
- Some people benefit from the additional support of a Community Mental Health Team (CMHT). All our local CMHTs offer psychological therapy, alongside other forms of help (e.g. medication). If you are already under the care of a CMHT, you can speak to your care co-ordinator about how to access psychological therapy.

If you are unsure, ask your GP for advice, or see the contact details below.

Are there any risks or side effects of having psychological therapy?

We hope that working with a therapist will lead to good results and you will feel better.

With some approaches, you are expected to carry out homework in between sessions. This may seem difficult, especially at first.

Also, you may feel worse before you feel better. Strong emotions may come up and you may feel quite dependent on your therapist. Although this may feel strange it can be helpful. Our therapists will be aware of these issues and will work with you on them. It is important to tell your therapist, if you feel things are not going well, so that you can try to work things out together.

Where can I find out about other help that is available?

- You can borrow self-help books free from local libraries under the Southwark Books on Prescription scheme. Your GP can give you more information.
- You are likely to be able to see a counsellor at your GP practice.
- See the end of this booklet for contact details for other services.
- Your GP should also be able to give you more information about local services.

Is psychological therapy confidential?

We have a legal duty to keep your information confidential. To provide the best quality healthcare, we may need to share information about you with other healthcare providers. If you object to us sharing your information with your GP or other healthcare providers, please inform your therapist.

Other information specific to Southwark Borough

Contact details for SLaM services:

Talk to your GP in the first place about referral to the psychotherapy service or your local community mental health team.

Useful numbers are:

Southwark Psychological Therapies Service 0203 228 2194, to which you can self-refer for help with problems of anxiety and depression.

Workshops:

You can contact Seon Lynch on 0203 228 3748 for details of workshops on stress, self-confidence and sleep.

Maudsley Psychotherapy Service 020 3228 2384/5, where you can ask questions about psychotherapy.

Information leaflets are also available by contacting these numbers.

Contact details for other local services:

RELATE 0300 100 1234

Southwark MIND 0207 701 8535 (Advice, information, drop-in, social clubs, women's forum, writing groups)

Waterloo Community Counselling 020 7928 3462

You can ask your GP if counselling is available in the practice.

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please ask us.

Complaints

If you are not happy about something but not sure you want to make a formal complaint you can speak to a member of staff directly, alternatively you can contact the PALS Office on freephone 0800 731 2864. If you decide you want to make a formal complaint this can be done by contacting the Complaints Department:
Complaints Department, Maudsley Hospital,
Denmark Hill, London SE5 8AZ

T: (020) 3228 2444/2499

E: complaints@slam.nhs.uk

W: www.slam.nhs.uk

Useful contact details

SLaM Switchboard: 020 3228 6000

SLaM 24hr Information Line - Advice on how to access SLaM Services: 0800 731 2864

Contact our Patient Advice and Liaison Service (PALS) for help, advice and information:

T: 0800 731 2864


W: www.pals.slam.nhs.uk

E: pals@slam.nhs.uk

www.tfl.gov.uk/journeyplanner

For the quickest way to plan your journey anywhere in Greater London use journey planner:

020 7222 1234 (24hrs)

South London and Maudsley 

NHS Foundation Trust

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