

## **SERVICE DESCRIPTION: Specialist Psychotherapy Service**

The Specialist Psychotherapy Service offers tertiary level treatment, consultation and advice for service users and specialist education, training and research. Tertiary care is specialised consultative healthcare on referral from a primary (e.g. GP) or secondary (Community Mental Health Team) health professional for advanced assessment and treatment.

The Specialist Psychotherapy Service has two specialist teams;

- **Mood, Anxiety and Post-Traumatic Stress Disorder Psychotherapy Service (MAPPS)**
  - This team a multi-disciplinary psychotherapy team with suitably qualified and experienced psychotherapists from a range of psychotherapy models (e.g. psychodynamic psychotherapy, psychoanalytic psychotherapy, formulation-driven CBP/CBT, Acceptance and Mindfulness-based approaches, Cognitive Analytic Therapy) who work with people who are experiencing longer-term or recurrent problems related to the symptoms that are generally described as;
    - Post-traumatic Disorder (PTSD)
    - Obsessive-Compulsive Disorder (OCD)
    - Body Dysmorphic Disorder (BDD)
    - Anxiety Disorders (e.g. Social Anxiety, Generalised Anxiety Disorder)
    - Depression
  - People who are seen in this service may be experiencing difficulties in more than one of these areas, and will thoroughly tried a first line treatment (therapy, counselling or medication) at least once, preferably more than once.
  - This team also provides clinical supervision, consultation on complex cases and training inside and outside of SHSC

Personality Disorder/Complex Trauma Service Team (forms part of the wider Trust strategy).

- This team is a multidisciplinary psychotherapy team made up of professionals in: Nursing, Social Work, Psychiatry, Psychology, Art Therapy, Occupational Therapy and Clinical Psychology. All clinical staff have additional specialist training in a range of models of psychotherapy with an evidence base in this area.
- We offer a direct psychotherapy service for service users and also have an advisory/consultation role to assist other services and teams to work effectively in this area. We are currently working with a range of other teams and services across and beyond SHSC in order to develop care pathways and we also contribute to a range of postgraduate training programmes in Cognitive Analytic Therapy, Psychiatry and Clinical Psychology, having trainees on placement in the Team alongside the in-service training we provide to other teams. Staff in the team offer supervision to colleagues across SHSC.

Waiting time to assessment will be approximately 6 to 12 weeks except in cases of urgency (e.g. a medical condition that will be compromised due to non-treatment). If assessed as suitable for treatment, service users will then be placed on the relevant waiting list.

The Specialist Psychotherapy Service offers education and supervision across the region and has links with both Sheffield Universities.

**ADDRESS:** St George's Community Health Centre, Winter Street, Sheffield S3 7ND

**DIRECTORATE:** Clinical Operations – Scheduled and Planned Care Pathway

**DATE:** November 2019

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## 1. ELIGIBILITY

The selection criteria for the above Service are applicable to:

- All adults irrespective of gender, age (18 years of age or over), ethnicity, sexuality, culture or physical abilities who experience complex mental health difficulties that have not responded to previous treatment (e.g. the IAPT Service, Community Mental Health Teams etc) and who require a specialist psychotherapy intervention.

## 2. THE REFERRAL PROCESS

Referrals are accepted from healthcare professionals in primary and secondary healthcare, who have a detailed knowledge of the person being referred and who has discussed the referral with them. We do not accept self-referrals.

- For referrals from SPA and IAPT in SHSC referrals need to be made after making an enquiry via our dedicated Query Lines, with bookable slots available via St Georges Reception (0114 2716920). (Please indicate whether you wish to use the MAPPs or Personality/Complex Trauma Query Line)
- All subsequent referrals should be made on the dedicated referral form.
- For referrals from elsewhere, we still advise use of the Query Line for a preliminary discussion (0114 2716920).
- Referrals should be thorough and outline the person's;
  - presenting problems/diagnosis,
  - relevant history,
  - previous therapies and their outcome,
  - relevant social/contextual factors,
  - the person's willingness and capacity to engage in a structured psychotherapy and
  - consent to referral.
- We accept referrals for assessment for psychotherapy, rather than for a specific type of therapy modality. We aim to minimise the need for multiple assessments, but there are times when this will be necessary.
- Referrals can be sent to us by post or to our email address ([sps@shsc.nhs.uk](mailto:sps@shsc.nhs.uk)), clearly indicating that a referral for assessment for psychotherapy is being made and including all relevant information. (Please do not use any other email address to send referrals)

### **3. GEOGRAPHICAL POPULATION COVERED**

- The registered populations of NHS Sheffield Clinical Commissioning Group;
- People without settled accommodation who are resident in Sheffield;
- Regional external contracts that require a tertiary service;
- Referrals taken from NHS referrers across the region, e.g. GP, Community Mental Health Team, NHS Hospital etc.