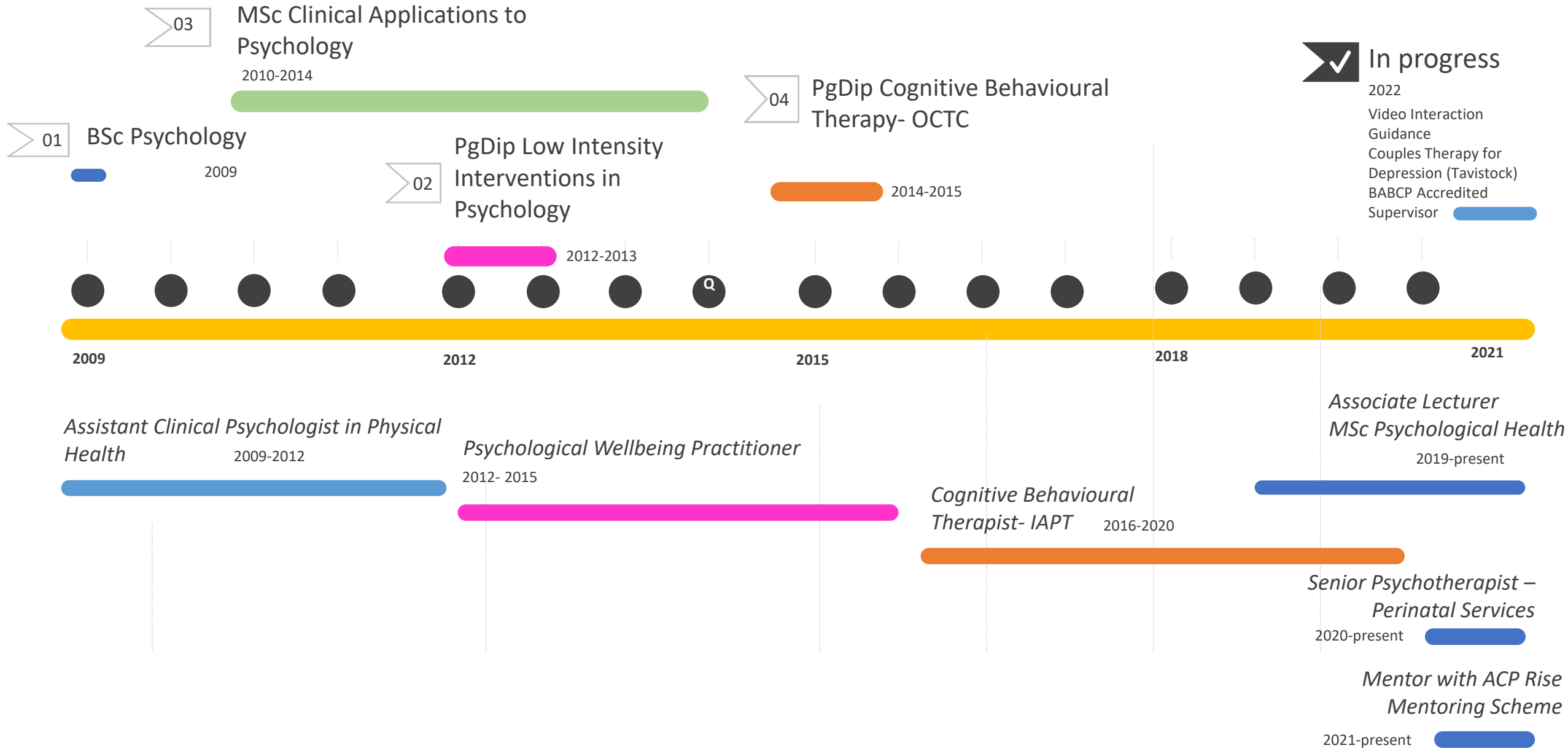


The Application of Cognitive Behavioural Therapy in Specialist NHS Secondary Care Services

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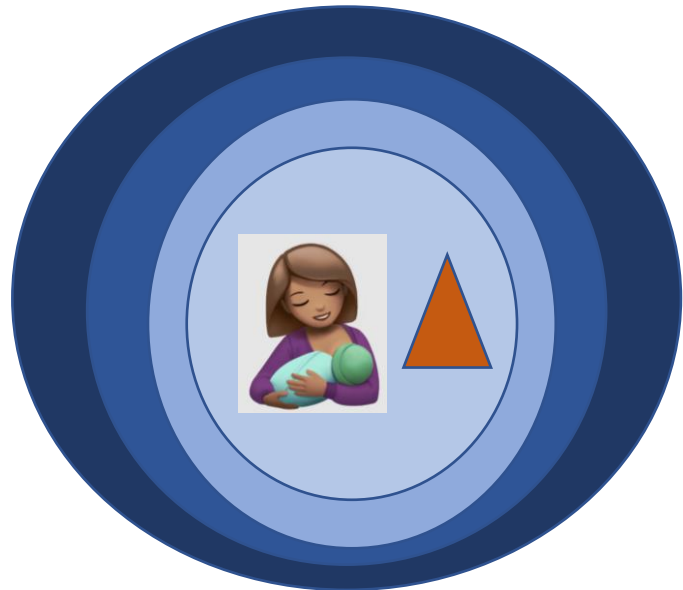
Aman's Timeline



My Job Role Entails...

- Assessment and intervention for predominantly women experiencing emotional and psychological distress during the perinatal period, using a Cognitive Behavioural Approach and other modalities
- Working within a multidisciplinary team made up of Psychiatrists, Clinical Psychologists, specialist nurses, social workers, occupational therapists, nursery nurses, peer support workers.
- Providing support with bonding and attachment using VIG, and managing couple dynamics in couple therapy
- Supervising Trainee CBT Therapists
- CBT Formulation sessions for MDT

Adapting CBT to a secondary care setting



- Building person centred formulations – deciding suitable interventions for individual work with support of the MDT as it is a time limited service
- Managing complexity- use Maslow’s hierarchy at the core of my interventions
- Sharing risk and responsibility with MDT so I can do the individual work
- Keeping systems in mind- Think Family and Baby in Mind
- Keeping in mind that I can’t do everything- Constant team collaboration

Difficulties faced in the role

Progress in client work cannot always be measured quantitatively- a different way of marking change


Lack of understanding of CBT as a therapy modality by health professionals

Working in a team of Clinical Psychologists- working out how to allocate referrals

Unclear pathways for career progression

Imposter syndrome





What does this role mean for patients and the PPN Vision?

Unite and increase diversity in the psychological professions	Creating new treatment pathways within secondary care mental health services, working with MDTs to build understanding of how CBT can alleviate distress
Transform and innovate	Providing NICE recommended assessment and treatment in the perinatal period, providing good quality training and supervision of professionals
Put people first	Building strong therapeutic relationships with clients. Providing treatment in different languages. Thinking systemically- Thinking Family, Thinking Baby.
Help our communities thrive	Supporting women to feel more empowered in the perinatal period- to improve health outcomes for Black, Asian and minority ethnic women
Make all health and care psychological	Attending MDT meetings and hosting formulation sessions so the MDT can hold psychological model in mind when treating service users

Next steps

- Reinforcing the CBT pathway from primary to secondary care in line with the stepped care model- clearer movement from IAPT to Specialist Perinatal Services
- Providing specialist perinatal training to IAPT staff
- Creating links with academic institutions
- Links with third sector- making services and psychological services more accessible
- Research, audit, service evaluations of impact of CBT therapy in secondary care

