

# Choice In Psychological Therapy

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## IAPT Therapies- the basics.

- Nice recommended treatment of anxiety and depression.
- Stepped Care model.
- Anxiety: CBT low intensity and high intensity + EMDR
- Depression: CBT low intensity and high intensity + 4 non CBT therapies:
  - Counselling for Depression (CfD)
  - Interpersonal Therapy (IPT)
  - Dynamic Interpersonal Therapy (DIT)
  - Couples Counselling for Depression

## Patient Choice..?

- Lack of knowledge or research
- Are patients more likely to recover?
- Based on the assumption of equal distribution:
  - ❖ 50 % anxiety 50 % depression
  - ❖ 50 % treated at step 2 only.
  - ❖ CBT (and EMDR) for anxiety disorders
  - ❖ 5 HI NICE therapies for depression
  - ❖ CBT and IPT indicated for mild - moderate & moderate - severe

Therefore:

CBT 67.5%

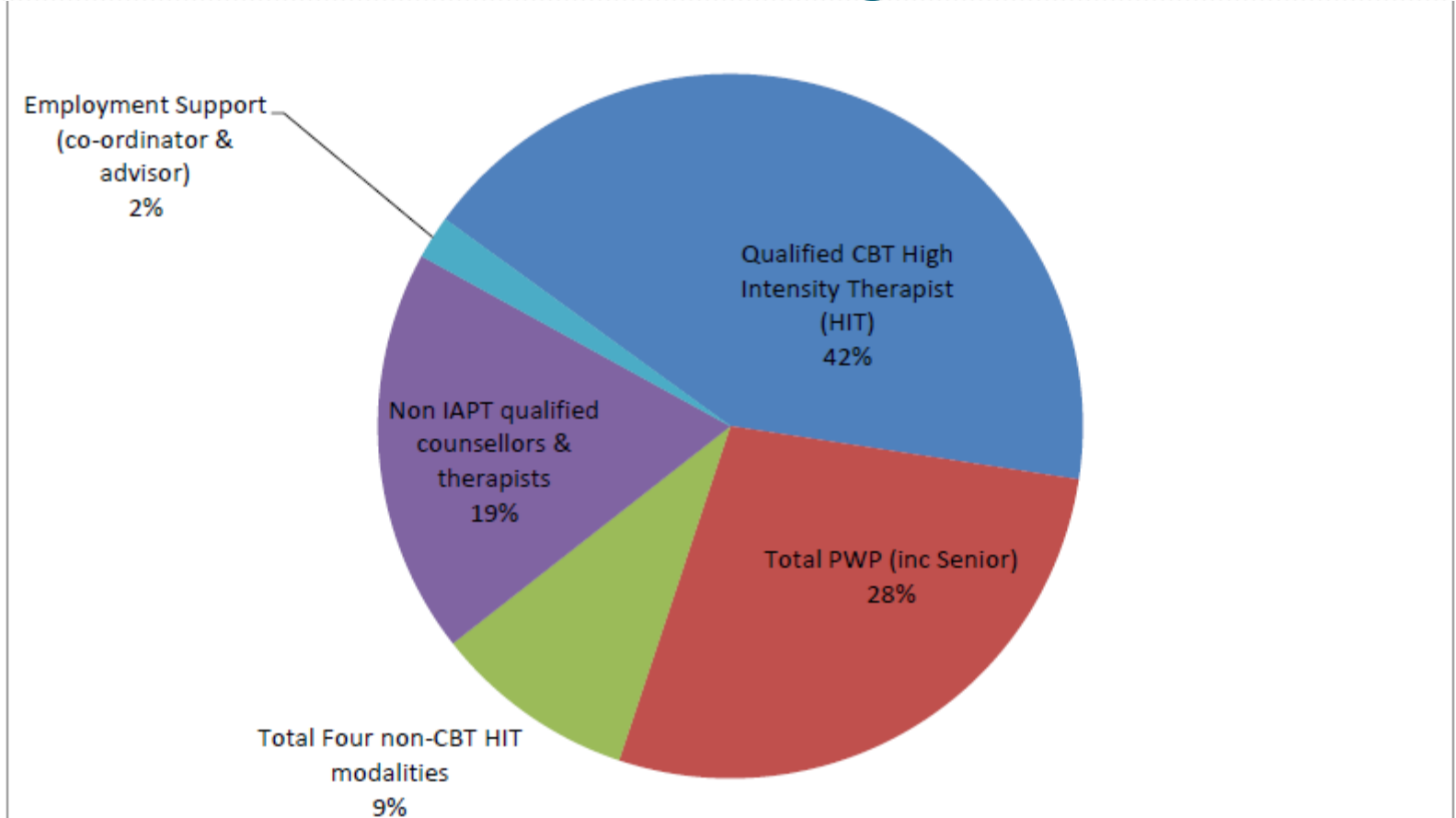
IPT 17.5%

Couples, CfD, DIT 5% each.

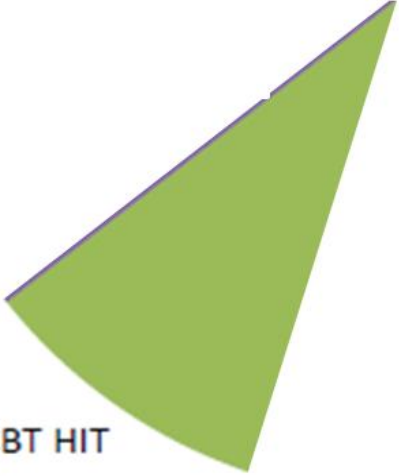
# “Delivering High Quality, Effective, Compassionate Care”

- To ensure that there are sufficient therapists
- Skilled staff to support the delivery of the IAPT programme.
- To ensure that there is a good skill mix so that the IAPT programme includes a range of evidence-based therapies.
- *\*DOH mandate April 2015 to March 2016*

# National Work Force Configuration -2014



# National 4 non CBT HI modalities taken from Census 2014



Total Four non-CBT HIT modalities  
9%

- CfD 262.4 WTE = 4.4%
- Couples Couns 66 = 1.1%
- DIT 85.5 = 1.4%
- IPT 139.5 = 2.3%

# Census-North West 2014

- PWP 218 WTE + Seniors 38 = 29.32 %
- I CBT 352 WTE = 40.32
- CfD 44 WTE = 5.04 = 4.4
- Couples Couns 7 WTE = 0.80 = 1.1
- DIT 8 WTE = 0.91 = 1.4
- IPT 13 WTE = 1.48 = 2.3
- Counselling other 114 WTE = 13.05
- Other therapist 73 WTE = 8.36
- Employment workers 6 = 0.68

TOTAL 878. Therefore Non CBT HI Modalities = 8.24%

## What are the barriers?

- Lack of consistency of provision- some services offer choice, others don't
- Accessing Training and training pathways
- Lack of supervisors
- Unable to provide the therapy once trained.
- Session caps
- Lack of promotion
- Clinical population indicated versus actually seen.



## National Action Plan

- Urgent need to obtain and publish data at local level.
- For all services to capture therapy type.
- Break down of wait by therapy type.
- Break down of clinical outcomes per therapy type.
- Collect data on patient preference.

## Useful links

Details of Commissioned courses available on PPN website:

<http://www.nwppn.nhs.uk/index.php/our-work/education-and-life-long-learning/iapt-courses>

Adult IAPT Workforce 2014 Census report

[www.iapt.nhs.uk/silo/files/2014-adult-iapt-workforce-census-report.pdf](http://www.iapt.nhs.uk/silo/files/2014-adult-iapt-workforce-census-report.pdf)