

MEDIA RELEASE

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Diploma successes will enhance treatment for depression

A group of psychotherapists from Leicestershire Partnership NHS Trust have expanded their expertise by completing a postgraduate diploma in cognitive behavioural psychotherapy (CBT).

The 18 LPT therapists are part of the *Good Thinking* service, run in collaboration with national mental health charity *Rethink*, which provides community-based group and one-to-one support for people referred by their GP for help with common mental health problems.

Most of the group completed the two-year course within a year. They will help to roll out evidence-based treatments using cognitive behavioural psychotherapy as part of the national Improving Access to Psychological Therapies (IAPT) programme.

This will lead to a reduction in waiting times for cognitive behavioural therapy, helping more patients with anxiety and depression in Leicestershire county and Rutland to get timely and effective treatment.

Peter Caunt, CBT service director for the *Good Thinking* service, said: “The National Institute for Clinical Excellence (NICE) recommends CBT for treating anxiety and depression. This evidence-based treatment is effective at helping patients overcome anxiety and depression and help to prevent these problems from developing into more serious disorders.

“At the moment between 250 and 500 people in Leicestershire county and Rutland complete a course of CBT each month and we will now see more adults who are suffering anxiety and depression able to get evidence-based, timely and effective treatment.

“It will also make it possible to reduce waiting times significantly. We are on course to see waiting times for CBT referrals reduced, from months in some cases, to three working weeks for the majority of people using our services by the end of this year.”



Post graduate success: Some of the successful LPT therapists celebrate their new CBT qualification. Ian Salmon is pictured (front) with; (back row left to right) Tony Scarborough, Steve Turner, Gordon Tinch, Adrian Fenton and Mark Munday... (centre row, left to right) Dave Kingdon, Kaye Coghlan, Laura Rossi, Wendy Kelman and Helen Stokes.

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Note to editors

1. Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living in the city of Leicester and the neighbouring counties of Leicestershire and Rutland. We serve a population of one million and have a budget in excess of £250 million and employ almost 6,000 staff.
2. The **IAPT programme** was designed to open up access to effective mental health services for people aged 16 and over who are in need. In Leicestershire county and Rutland the service – called Good Thinking – is provided in partnership with the mental health charity Rethink. The city service is called Open Mind and is provided in partnership with voluntary organisations including the Adhar Project and Network for Change
3. **CBT** is a “talking treatment” that can help you to to change how you think and what you do. Instead on focusing on the past by looking at the causes of distress or symptoms, it looks for ways of improving your state of mind now. CBT has been shown to help with many different types of problems. These include: anxiety, depression, panic, phobias (including agoraphobia and social phobia), stress, bulimia, obsessive compulsive disorder, post-traumatic stress disorder, bipolar disorder and psychosis. CBT might also help if you have difficulties with anger, a low opinion of yourself or physical health problems, like pain or fatigue.

Issued by

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