

Treatment of PTSD patients

Request and Response

Kindly provide me with information under Freedom of Information Act for the four questions below:

What are the therapeutic frameworks used by the trust when working with complex PTSD with patients who after a stabilisation were deemed ready to engage in trauma processing?

OUR RESPONSE:

All patients treated by the CBT department would need to meet the diagnostic criteria for PTSD. The Service use a variety of evidence based approaches , including EMDR, Narrative Exposure Therapy, Cognitive Processing Therapy (CPT) by Patricia Resick as well as standard trauma focussed CBT utilising the models of Ehlers & Clark

Does the trust employ accredited CBT practitioners and accredited EMDR practitioners in complex care settings?

OUR RESPONSE:

All CBT therapists working in the CBT department are accredited (or would meet accreditation criteria) by the BABCP, several CBT therapists are trained in EMDR to part 3

Is supervision provided by BABCP accredited supervisors and by EMDR consultants in complex care settings?

OUR RESPONSE:

Nobody in the department is trained to EMDR consultant level, supervision is provided by peers and yearly external supervision is sought by an EMDR accredited trainer and supervisor. No one in the CBT department is currently a BABCP accredited supervisor.

Does the trust aim at providing treatment and supervision by practitioners with CBT and/or EMDR qualifications or is it sufficient for practitioners to be clinical psychologists to provide treatment and supervision when working with complex PTSD?

OUR RESPONSE:

We offer supervision in the format that it is required and when the practitioner has the requisite level of accreditation. That is, when generic supervisory input is required this may be provided by any suitably experienced clinical psychologist. Alternatively if a modality specific supervisory input is required and we have a clinical psychologist on the staff who is accredited at the appropriate level, we may offer this supervisory input.

Could I have the Trust's Person Specification for candidates who applied for a psychologist's position in complex PTSD settings?

OUR RESPONSE:

We do not employ anyone in such a post