



Northumbria Healthcare
NHS Foundation Trust

Psychology Therapy Information

Issued by North Tyneside Talking Therapies



North Tyneside Talking Therapies offers a range of psychological therapies to patients who are registered with a North Tyneside GP.

The clinical and counselling psychologists in the service offer **one to one** and **group** therapies for people having difficulties relating to the following:

- Experience of multiple trauma
- Early life developmental/attachment difficulties
- Childhood sexual, physical, emotional abuse and neglect
- Longstanding and/or complex psychological difficulties

Patients may be having difficulties with the following:

- PTSD
- Difficulties managing emotion and/or difficult symptoms, impulsivity
- Anxiety disorders
- Depression
- Difficulties in functioning in a number of life areas e.g. relationships, work, social

What is a psychologist?

Psychologists have both a psychology degree as well as substantial post graduate training in clinical or counselling psychology (a further three years at least).

Psychologists in this service are registered with the Health and Care Professions Council (HCPC).

Psychologists are different to psychiatrists:

Psychiatrists are medically trained and may prescribe medication for help with mental health difficulties.

Psychologists do not prescribe medication, they use their understanding of applied psychology to assess and understand psychological difficulties and will offer interventions based within psychological models of therapy.

What do psychologists do?

Psychologists offer a range of evidence based psychological therapies. Initially a broad psychological assessment will be completed to help understand the person's difficulties and to think about which psychological intervention could be most helpful.

Psychologists' training covers a number of different psychological therapies. Psychologists will often draw on these in order to provide an individually tailored therapy to help understand the origins of difficulties, the factors that might keep the difficulties going and how to work to move on from them.

Most psychologists also have additional specialist training. The psychologists in this service offer:

Cognitive Behavioural Therapy (CBT)

CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle. CBT aims to help you deal with overwhelming problems or difficult feelings in a more helpful way by breaking them down into smaller parts. CBT works to change these negative patterns to develop strategies to improve the way you feel, manage emotion and function in daily life.

EMDR (Eye Movement Desensitisation Reprocessing)

EMDR is a psychological treatment for people presenting with PTSD or with a complex traumatic history. EMDR can help a person deal with traumatic memories, such as those that occur after an accident, or after sexual, physical, or emotional abuse. In particular, NICE recommends EMDR for treating post-traumatic stress disorder (PTSD).

Cognitive Analytic Therapy (CAT)

CAT is a model of therapy which integrates both psychoanalytic and cognitive methods. CAT is particularly helpful for people presenting with longstanding or complex psychological difficulties. CAT is a collaborative, time limited therapy, where the therapist and patient work together to identify longstanding patterns of relating, thinking, feeling and acting which maintain difficulties in the present. This enables the patient to try out new ways of behaving, coping, managing relationships which can improve psychological wellbeing.

Please let us know if you would like further information about the above therapies.

What to expect

Initially you will meet the psychologist, usually for an hour, for assessment, which will help clarify the difficulties you would like help with and what type of psychological intervention might be most helpful. If psychological therapy is an appropriate way forward, the psychologist will arrange with you a series of regular appointments, usually weekly or fortnightly. Work with a psychologist is collaborative and there may be homework tasks between sessions, so it is important that you feel you can commit

to attending regular sessions and are motivated to work on your difficulties in order to get the most benefit from therapy.

Contact details

North Tyneside Talking Therapies 0191 295 2775

Opening Hours:

Our office is open: Monday – Friday 8.30am – 5.00pm
We offer appointments: Monday – Thursday 7.45am – 7.30pm
Friday 7.45am – 5.00pm

Further information

Health Care Professions Council
184 Kennington Park Road
London
SE11 4BU
Tel: 0300 5006184
www.hcpc-uk.co.uk

British Psychological Society
St Andrews House
48 Princess Road East
Leicester
LE1 7DR
Tel: 0116 254 9568
www.bps.org.uk

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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