



MARCH 2021 NEWS BULLETIN

PROCESS – WAIT TIMES



Following receipt of referral, our friendly admin team will make contact with client within 48 hours [to book assessment appointment].

Our average wait time is 23 days although some clients may get a sooner appointment. There is no internal wait following assessment and client is normally seen again for treatment [by the same clinician] within 14-16 days.

LOCAL CLINICS [Woodlands Lodge, Derby]



Trent PTS have a number of clinics situated across the whole of Derbyshire and Nottingham. These are located on the High Street and readily

accessible places. For full details on all our clinics please visit our website www.trentpts.co.uk

STILL OPEN FOR BUSINESS

Although all our clinic bases are closed due to the Covid-19 pandemic, we are still open for business. Our services are currently being offered by telephone or other on-line



platforms. Anyone suffering from low mood, anxiety, stress, depression, low self-esteem, loss, bereavement, LTC, phobias or trauma can send in

a referral and get the help and support that they are seeking.

Our website is user friendly but should any assistance be required, please phone us on one of the telephone numbers at the bottom of this bulletin.

STAFF INTRODUCTION

Jayne Fox: I am a qualified Cognitive behaviour Therapist (CBT) accredited with the British Association of Behavioural and Cognitive Psychotherapists (BABCP).



I trained in CBT at the Maudsley Hospital and qualified in 1994. I have 28 years' experience of supporting individuals

with mental health problems seen within primary care. In 2014 I began working for Trent PTS as a therapist and in 2015 I became a clinical team leader. My current role involves managing a team of therapists, contributing to the development of Trent PTS and offering a service to clients.

REOPENING CLINICS

In line with the governments incremental plans to gradually lift restrictions Trent will align the full opening of our clinics for face to face on an incremental basis. Where we believe that face to face is best to meet a patient's needs this will be arranged. Where a GP believes that a patient needs really will not be meet by therapy delivered by telephone/video, they should make a request for a F2F offer to the patient. Initially we will maintain a blend of remote and F2F because of safety precautions in clinics.

We would expect the ratio for F2F to increase from the end of the government's restrictions, if the conditions allow. The Remote offer will though be a permanent feature as it has proved to be effective, flexible and create choices for patients.

IAPT MYTHS AND FACTS:



MYTH: At Trent PTS we will not work with individuals who self-harm.

FACT: We recognise that self-harm is a common response to psychological distress and this is something we assess and support our clients with. We undertake risk assessments with every client and providing clients are not at imminent risk of significant harm we will work with deliberate self-harm as part of their clinical presentation, helping them to find ways to manage their distress that ultimately help to reduce their urges to self-harm and provide helpful ways of coping.

SPOTLIGHT THIS MONTH IS ON SLEEP

World Sleep Day is on March 19th with the slogan “regular sleep, healthy future”.



We know that sleep is important because it enables the body to repair and be fit and ready for another day. We also know that impaired sleep is a common symptom of depression and anxiety, and is often a prompt for individuals to seek help. Sleep problems themselves can also increase distress for those who are experiencing them and many of those suffering insomnia would do anything to improve their sleep! We encourage you to consider if psychological therapy might be a route for those patients you see who are struggling with their sleep. CBT is recommended by NICE for insomnia, and it may also be that the insomnia is a symptom of an underlying psychological difficulty that we can assess and

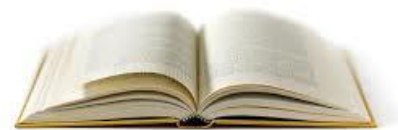
offer treatment for.

Check out our blog on insomnia. For more information, please go to <http://www.trentpts.co.uk>

CASE STUDY

Charlie is a 68-year-old retired builder. He came to Trent PTS after speaking with his GP about poor sleep and nightmares. He described having sleep problem at different times throughout his adult life but they were often short lived and did not have a big impact on his daily life. Unfortunately, Charlie experienced a nightmare 2 weeks before he spoke to his GP and during the dream, he hit out and struck his wife. This caused him significant distress and following this, he had been sleeping in the spare room.

We discussed the options available to help and agreed that the problem seemed to stem from worrying thoughts about retirement, loss of role and a fear of poor health. When he looked back at other times his sleep had been disturbed, he was able to see that periods of worry had contributed to his sleep problems. As he had only experienced the one nightmare, we agreed that we would focus on the worrying thoughts.



We began by looking at his bedtime routine. Charlie liked to watch TV when he went to bed [until he fell to sleep]. We agreed that he would try and read rather than watch TV. We also spoke about refraining from lying in bed awake worrying and that when he woke, he would get up and write down his thoughts [leaving the notes outside the bedroom]. He would then find a time the following day to think about the things he had written down and how he would address them. He described an improvement in his sleep after 4 days and also found that when he did look at his notes many of the things written down no longer bothered him. He also returned to sleeping with his wife.

MINIMUM AGE TO ENTER THERAPY



Please note that there is NO upper age limit for anyone wishing to enter therapy.

Derbyshire: 16 years or over

Chesterfield: 16 years or over

Nottingham: 18 years or over

CONTACT DETAILS



Need to talk to someone, our contact numbers are shown below:

Derbyshire: 01332 265 659

Chesterfield: 01246 387498

Nottingham: 0115 896 3160

Email: enquiries@trentpts.co.uk

If you want to find out more, visit our website by clicking [here](#) or
visiting www.trentpts.co.uk

Or you can follow us on socials [@trentptsapt](#)

