


# Choose

South Tyneside **NHS**  
NHS Foundation Trust

## Primary Care Mental Health Service



**Not sure if a talking  
therapy is for you?**

**Take a look at the different types  
of therapy we have available to  
find out more about them.**

## Therapy Information

Providing a range of NHS services in Gateshead, South Tyneside and Sunderland.

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*“Someone to talk to away from family and friends was very helpful.”*

- feedback from one of our clients -

## What is a talking therapy?

When we hit a rough patch in life we can often get through it with support from friends, family or colleagues. There can be times when this doesn't feel as though it's working or you don't know who to turn to.

Talking therapies are there to help people through these difficult times in life. Our service offers an assessment appointment to help you decide, with the support of one of our experienced therapists, which therapy would be the most helpful for you.

All of our therapies are confidential and will provide you with a safe place to discuss the issues that are troubling you. They are all provided on a one-to-one basis, except for our courses which are for small groups of people.

Having therapy can feel like a scary thing to do, especially if you feel you can't tell anyone how you are feeling. All of our therapists are properly qualified and experienced in supporting people who are going through issues such as depression and anxiety.

The therapies that we provide are recognised nationally as being particularly helpful for certain issues. Please read further on in this leaflet to find out more about the different types of therapy we have available. Our contact telephone number can be found on the back page.

## We work with people who have:

- anxiety
- depression
- trauma
- stress
- bereavement
- and other issues

## Computerised therapy

Beating the Blues is a self help programme delivered via a computer, but you don't need to be a computer expert to use the programme.

It is based on Cognitive Behavioural Therapy techniques and is for common mental health problems such as anxiety & depression.

Beating the Blues can be accessed at one of our centres or in the comfort of your home. Your therapist will monitor your progress to track any changes and help you stay safe. Following each session you will also receive a print out showing your progress.

Session topics include; goal setting, problem solving, techniques to challenge thoughts and beliefs, and relapse prevention.

Each client is offered a review with a therapist to discuss further interventions if appropriate.

## Wellbeing courses

There are four courses to choose from, depending on what type of issue you are having. You can learn more about panic, worry, stress and depression. Each of the courses runs for four weeks and each class is about one-and-a-half hours long. After attending the sessions you will have the chance to speak to one of the class facilitators to make sure you've understood things and if there's anything you want to talk about confidentially.

The **Stress Management** course is designed to help you to understand how anxiety and stress impact on different parts of your life. The course will teach you problem solving skills and helpful relaxation techniques.

Learn about how **Panic** can affect your body and mood. Find out about the Panic Cycle and understand what factors can keep your panic going – helping you find ways to overcome them.

Discover what **Worry** is and learn to recognise different types of worry. You'll get information on what can keep your worry at the forefront of your mind. And you'll learn helpful problem solving techniques.

On the **Wellbeing course** find out more about the way low mood can affect all aspects of your life. Learn how low mood is linked to what we do and what we think about. You will discover how to challenge the unhelpful thoughts we all have and to build up to a more satisfying lifestyle.

## Supported self help (SSH)

Sometimes people are able to deal with things which come up in life on their own. Occasionally, it is a good idea to get a bit of help with whatever it is you are trying to sort out. This is where supported self help can give you a boost.

Evidence has shown that sometimes people need the right information and a plan to help them recover from depression and anxiety issues. Supported self help gives you the chance to work out what the problem is and how you can manage it.

This brief, focused form of therapy works by providing you with a solution-driven, practical approach to your issues. Sessions are one-to-one and usually last around 30 minutes. You may use workbooks, information sheets or other techniques to help with your recovery.

Supported self help is provided by our team of Psychological Wellbeing Practitioners, who also facilitate our wellbeing courses and programmes of computerised therapy.

## Emotional freedom techniques (EFT)

This therapy is often described as a form of psychological acupuncture. It involves stimulating specific acupuncture points by tapping on them whilst tuning in to the issue being addressed.

Once learned it can be used to help with day to day problems as well as dealing with a range of issues, including past traumas, relationship issues, anxiety, and pain.

We offer a course in EFT which consists of six two hour sessions. Individual sessions are available after the course, if this is appropriate. These individual sessions are about 50 minutes long.

For more information on EFT go to [www.aamet.org](http://www.aamet.org)

## Person-centred counselling

Counselling provides you with a chance to explore your feelings and learn more about yourself.

The emphasis is on your own ability to realise your potential, rather than focusing on problem areas. Counselling is often described as an holistic approach to therapy as it takes into account all aspects of yourself.

Working on your issues within a counselling setting helps to give you a more balanced perspective.

Sessions are usually around 50 minutes long which gives you the chance to be honest about how you are feeling and learn about how to cope with your emotions.

Counselling has been shown to work well with issues such as relationship problems, bereavement, recovering from childhood abuse, domestic violence and depression.

For more information go to: [www.bacp.co.uk](http://www.bacp.co.uk)

## Cognitive behavioural therapy (CBT)

Often called CBT, for short, this therapy is based on the theory that it is how you view your experiences that has an impact on how you react to them.

This then leads to you finding some situations difficult because of your attitude, emotions and ability to deal with things.

It works by helping you to identify, question and change self-critical thoughts. By doing this you are able to alter your reactions and behaviour in difficult situations.

Therapy sessions are normally around 50 minutes long and can include using diagrams to help explain your problems and helping you to set yourself challenges between appointments.

CBT has been shown to be particularly effective for depression, anxiety, stress issues, phobias, obsessions and eating disorders.

For more information go to: [www.babcp.com](http://www.babcp.com)

*“The counsellor was helpful, easy to talk to and understanding”*

*- feedback from one of our clients -*

*Go online for support:  
[www.livinglifetothefull.co.uk](http://www.livinglifetothefull.co.uk)  
[www.wellbeinginfo.org](http://www.wellbeinginfo.org)*

## Family systemic therapy

This is a type of therapy which can help you and your family find constructive ways to help each other.

This approach sees family and other close relationships as adding meaning and providing support in life. By doing this the family therapist supports change in your relationships in the family and beyond.

Family therapists sometimes work with you one-to-one, but can also work in pairs with family groups.

The types of problems family therapists work with include relationship difficulties, divorce and separation, illness in parents or children, bereavement, school and college difficulties and other life-changes that cause upset and pain. Also, specific conditions such as anorexia, bulimia, ADHD, depression, bed wetting and other conditions affecting family life.

For more information go to: [www.aft.org.uk](http://www.aft.org.uk)

*"It helped being able to talk and know my worries and problems were normal."*

*- feedback from one of our clients -*



## Cognitive analytic therapy (CAT)

This involves you and a therapist working together and trying to understand patterns of unhelpful behaviours that are causing difficulties.

You will look at what has prevented changes happening in the past with the aim of helping you to recognise these patterns and understand how they started.

The goal of CAT is to develop alternatives to these patterns of behaviour in order to understand better how to move forward in the present.

Questions like, 'Why do I always end up feeling like this?' become more answerable.

Sessions are usually around 50 minutes long. It is delivered one-to-one and a programme of therapy is agreed between you and the therapist—you will typically have about 16 sessions.

CAT is widely used to help with issues such as depression, anxiety, personal and relationship problems.

For more information go to: [www.acat.me.uk](http://www.acat.me.uk)

*Visit the library for self help books*

## Interpersonal psychotherapy (IPT)

IPT is a time-limited and structured psychotherapy. A central idea in IPT is that psychological symptoms, such as depressed mood, can be understood as a response to current difficulties in relationships. In turn, the depressed mood can also affect the quality of our relationships.

IPT focuses on four areas of relationships: conflict with another person, life changes, grief and loss, and difficulty in starting or maintaining relationships.

An IPT therapist will assess you, learning about your symptoms using diagrams, before working in partnership with you on the area which is most relevant to you. The sessions are one-to-one, for up to an hour. An IPT therapist can offer up to 16 sessions.

If you would like more information go to:  
[www.interpersonalpsychotherapy.org.uk](http://www.interpersonalpsychotherapy.org.uk)

### ***Try the 5 ways to wellbeing:***

- 1. Connect – with other people*
- 2. Be active – walk instead of taking the bus*
- 3. Take notice – find beauty in what is around you*
- 4. Keep learning – take up the challenge of a new skill*
- 5. Give – your time to others who need support*

## Eye movement desensitisation & reprocessing (EMDR)

EMDR works by helping the brain to reprocess raw and traumatic memories using its own natural systems—such as those used during REM sleep. The eye movements that occur in sleep are recreated by following the therapists' fingers or bars of lights as they move back and forth across your field of vision.

It has also been demonstrated that other forms of bilateral stimulation such as tapping or sounds are equally effective (which is helpful for blind or partially sighted clients). You will remain in control of the therapy and are conscious at all times— EMDR is not a form of hypnotism.

EMDR is a therapy primarily used to treat trauma and for working with PTSD (Post Traumatic Stress Disorder). It can also help with a range of other issues such as phobias, bereavement, anxiety & depression.

For more information go to: [www.emdrassociation.org.uk](http://www.emdrassociation.org.uk)

*If you would like to speak to someone  
in an emergency try calling:*

***The Samaritans 0845 7909090***

*or*

***Sane Line 0845 7678000***

*Did you know that one in four people have what's called a "common mental health problem" such as low mood or stress?*

## What happens now?

If you feel one of these therapies would be helpful for you, please contact us on the number below. Your first appointment will be to tell us what problems you are having and how they are affecting your life. Our service is confidential.

The therapist that you meet for this appointment will help you make an informed choice about which therapy is the best match for your problems.

We run support groups, offer information classes & one to one therapy to people aged over 16.

We are an NHS service and we focus on providing evidence-based therapies as recommended by the National Institute for Clinical Excellence (NICE).

**If you need more details please  
call on 0191 283 2937  
or email: [stpcmhs@stft.nhs.uk](mailto:stpcmhs@stft.nhs.uk)  
or read our Self Referral Information leaflet**

We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this leaflet please contact on telephone numbers above.