



18 September 2018

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Our Ref: FOI 2976

Thank you for your request concerning Psychological Therapy.

Your request has been considered and processed in accordance with the requirements of the Freedom of Information (FOI) Act 2000.

**1. How many service users are waiting within the community mental health services for psychological therapy?**

There are 195 service users waiting therapy.

**2. How long are individuals on waiting lists for psychological assessments within community mental health services?**

Individuals are waiting on average 27 days county-wide.

**3. How long are individuals on waiting lists before receiving the first appointment for psychological therapy within secondary care/community mental health services?**

Individuals are waiting on average 15 weeks county-wide.

**4. What is the range of therapies your community/secondary care psychology services deliver?**

We prioritise the offer of all Psychological Therapies which have the support of NICE guidance. In addition we are able to offer therapies which have good evidence from elsewhere in the clinical literature. The following list is not comprehensive:

- Cognitive behaviour therapy
- Cognitive behaviour therapy for psychosis
- Dialectical behaviour therapy
- Cognitive analytic therapy
- Interpersonal therapy
- Systemic therapy
- Behavioural family interventions
- Group psychotherapy
- Compassion focussed therapy
- Acceptance and commitment therapy
- Person centred therapy
- Psychotherapy (analytic)

Dynamic interpersonal therapy  
Mindfulness based therapy  
Eye movement desensitisation therapy  
Social milieu group therapy  
Integrative therapy

Should you require further clarification, please do not hesitate to contact me.

Yours sincerely

*Sharon Farrell*

Information Rights Officer

Enc: Copyright Protection and Complaints Procedure Information Leaflet.

If you would like to complete a short survey in relation to your Freedom of Information request please scan the QR code below or click.

