

6 July 2023

Information Rights & Compliance Team  
99 Waverley Road  
St Albans  
Hertfordshire  
AL3 5TL

Tel: 01727 804227  
Email: [Hpft.foi@nhs.net](mailto:Hpft.foi@nhs.net)

Our Ref: FOI/04716

Thank you for your request concerning mental health therapy waiting times.

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

Please can you provide the data that answers the following questions:

- 1. What is the current waiting time from referral to first appointment for mental health therapy in general, and what was the waiting time 1, 5, and 10 years ago?**

Mental health therapy is a generic term, and covers a range of different treatments that support people with a wide range of needs. We do not record data using this terminology<sup>1</sup>.

- 2. What is the current waiting time from referral to first appointment for the following, and what was the waiting time 1, 5, and 10 years ago?**

**Cognitive behavioural therapy (CBT)**

**Guided self-help**

**Counselling**

**Behavioural activation**

**Interpersonal therapy (IPT)**

**Eye movement desensitisation and reprocessing (EMDR) Mindfulness-based cognitive therapy (MBCT) Psychodynamic psychotherapy Couple therapy**

*IAPT*

We do not hold data on waiting times for individual treatments. For information on waiting times for IAPT, please visit the NHS Digital Website for national data. [Activity - NDRS \(digital.nhs.uk\)](https://www.nhs.uk/active/ndrs)

*Other Services*

We provide psychological therapy for children and young people / adults in other parts of our services but it is not possible to extract data separately from these services as psychological therapies operate as an integrated part of the services.

- 3. What other mental health therapy options do you offer and what are the waiting times from referral to the first appointment, currently, 1, 5, and 10 years ago?**

Please see below for the Therapies currently offered through our IAPT services and our other Services.

I cannot locate any documentation listing therapy from 5 or 10 years ago<sup>1</sup>.

<sup>1</sup> Section 1(1) Any person making a request for information to a public authority is entitled (a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and (b) if that is the case, to have that information communicated to him.

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 exhaustive.

IAPT	Other Services
CBT Guided self-help Behavioural activation EMDR IPT Dynamic Interpersonal Therapy Couples therapy for Depression Counselling for Depression	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.

Please find enclosed an information sheet regarding copyright protection and the Trust's complaints procedure in the event that you are not satisfied with the response.

Yours sincerely

*Sue Smith*

**Sue Smith**  
**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 [here](#).

