



## APRIL 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 current average wait time is 23 days [although some clients may get a sooner appointment].

There is no internal wait following assessment and the client is normally seen again for treatment [by the same clinician] within 16 days.

### LOCAL CLINIC [48 Mill Street, Clowne, Chesterfield, S43 4JN]



Trent PTS have a number of clinics situated across 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/locations](http://www.trentpts.co.uk/locations)

### STILL OPEN FOR BUSINESS

Although all our clinic bases are currently closed due to Covid-19, 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 [[www.trentpts.co.uk/self-referral](http://www.trentpts.co.uk/self-referral)] is user friendly, but should any assistance be required, please phone us on one of the telephone numbers at the bottom of this bulletin.

### POST COVID IAPT ASSESSMENT CLINICS/LONG COVID

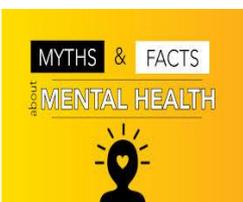
NICE guidelines - Post Covid Syndrome (also known as Long COVID) as signs and symptoms that develop during or following an infection consistent with COVID-19 which continue for more than 12 weeks and are not explained by an alternative diagnosis. The condition usually presents with clusters of symptoms, often overlapping, which may change over time and can affect any system within the body. Many people with post-COVID syndrome can also experience generalised pain, fatigue, persisting high temperature and psychiatric problems. We are working alongside other IAPT providers in Derbyshire and Nottinghamshire to develop a pathway from Post Covid Syndrome (MDT) assessment clinics to IAPT. Direct access will remain for GPs and Primary Care to all our services; in the usual way.



Trent PTS can accept referrals for individuals experiencing psychological symptoms related to Post Covid Syndrome (PCS), or affected by Covid in many different ways. [Click](#) here to see our 60 second animation or go to [https://www.youtube.com/watch?v=wE4T5L\\_IFus](https://www.youtube.com/watch?v=wE4T5L_IFus)

Related Link: You may also be directing patients to Your Covid Recovery <https://www.yourcovidrecovery.nhs.uk/> we are also using this to support people

### IAPT MYTHS & FACTS



**MYTH:** Low-intensity intervention means my problem is not seen as severe enough. I will be getting less of a service.

**FACT:** Low-intensity refers to the work our highly-skilled PWP (Psychological Wellbeing Practitioners) are trained to deliver. It is a way for patients to receive the least intrusive intervention necessary, based on NICE guidelines and following strong evidence-based research.

## LOW-INTENSITY PWP INTERVENTION



Those receiving a low-intensity PWP intervention have the advantage of prompt and flexible access to short-term psychological support through a variety of means; telephone, video, face-to-face, digital options and groups. Based on principles of Cognitive Behavioural Therapy, PWPs adopt a guided self-help approach to help patients 'become their own therapist,' teaching skills and strategies to treat the most common mental health problems, including depression, anxiety, panic and phobias. A PWP will aim to empower the patient to take control of their own well-being, drawing on a variety of materials and resources they can use in session and as part of between-session tasks. Far from being less of a service, many of our patients are discharged in recovery and able to continue independently with practical tools they can apply now and in the future.

## CAST STUDY [NAME CHANGED FOR CONFIDENTIALITY]



Jenny is a 62-year-old woman who tested positive for Covid-19 with symptoms severe enough to be hospitalised as she developed pneumonia and could not breathe without assistance. Her physical health status deteriorated rapidly, and she was put in a coma for several days. Her prognosis was poor, but she pulled through.

The virus not only affected her physical health she also had symptoms relating to the traumatic experience, including extreme anxiety and low mood. Although she was receiving ongoing support from her GP and the Occupational Therapists at the hospital, she was referred to Trent PTS for her psychological symptoms.

Jenny received a telephone assessment for High Intensity CBT. She was extremely anxious and needed her husband with her at all times. Previously a competitive athlete, she was doing regular weight training right up to becoming ill. Post-Covid Syndrome (PCS) had left her breathless, fatigued, lacking confidence, anxious and low in mood. Her therapist did a CBT vicious cycle diagram with her to explain how her physical symptoms, thoughts and behaviours were impacting her emotional wellbeing. This initially helped to normalise her experience as the cycle made sense to her. We agreed some goals for therapy focusing on helping her to regain some healthy routines, re-connect to people (remotely via video or phone) and start doing more pleasurable activities that she had stopped doing since having Covid. We used Behavioural Activation (BA) to regain balance across her daily activities and the positive data log to target negative thinking.

Going at a gentle pace and allowing her to lead the process Jenny started to feel more in control of her functioning. Despite ongoing breathlessness and fatigue, she started to wear make up again, doing some crafts and speaking to friends and family on the phone. She also increased the time spent in a room by herself, which allowed her husband to resume working from their home office. CBT treatment is ongoing but her gains in therapy have been significant to date. She is recognising her own psychological strength and resilience, and this is pivotal to her continued recovery from PCS.

## REOPENING CLINIC BASES



**We have now entered a new phase with regard to Covid-19. 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 a GP believes that a patient's needs will not be met by therapy delivered by either telephone/video, they should make a request for F2F to be offered. Initially we will maintain a blend of remote [and F2F] because of safety precautions in our clinics. Remote working has proven to be effective, flexible and create choice for all patients.**

## STAFF INTRODUCTION

### Eve Wicks:



I am a qualified Cognitive behaviour Therapist accredited with the British Association of Behavioural and Cognitive Psychotherapists (BABCP). I am also a Registered Mental health nurse. I have over 20 years' experience working in the mental health field having completed a MSc in CBT in 2009. I have worked at Trent PTS since 2015, my current role is Clinical Service Manager for North Derbyshire. I oversee 8 clinical teams, consisting of Clinical leads, CBT therapists, Counsellors, Couples counsellors and Trainee therapists. I also oversee safeguarding for the service working closely with our safeguarding lead and soon to be appointed Clinical Nurse Specialist. Our North Derbyshire bases can

be found in Clowne, South Normanton, Buxton, Matlock, Belper and two in central Chesterfield. Full details can be found on our website [www.trentpts.co.uk](http://www.trentpts.co.uk)

If you would like to know more about the “Help Us to Help You” campaign [click](#) here or go to their website <https://campaignresources.phe.gov.uk/resources/campaigns/117-help-us/resources>

MIMIMUM AGE TO ENTER THERAPY:



Please note, there is NO upper age limit, for our service.

- 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 387 498 / Nottingham: 0115 896 3160**



If you want to find out more about Trent PTS and the services we provide



please [Click](#) here or visit our website: [www.trentpts.co.uk](http://www.trentpts.co.uk)



If you wish to follow us on social media please use @trentptsiapt or click on one of the icons.

