

Routes in to the service:

SELF-REFERRAL:
1. Patient books online or rings St Georges
2. Patient rings St Georges for self-referral assessment

GP:
1. Patient given leaflet and patient books themselves online or rings St Georges
2. GP books patient on to 1st line interventions online

GP PRACTICE:
GP signposts patient to Direct Booking

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Psychological Wellbeing Practitioner (PWP): Assessment

Step 2: 1st Line Interventions

Stress Control

Improving Wellbeing Sessions, face to face or online

Computerised CBT (cCBT)

Living Well with Long term Condition Course

Living Well with Pain Course

Respiratory workshop pilot

Step 2: 1-1 PWP Face to face, audio or Skype

Step 3:

1-1 Face to face, audio or Skype

EMDR for trauma

Behavioural Activation Group for Depression

1-1 Acceptance & Commitment Therapy (ACT)

ACT group for LTC

Step 3: Cognitive Behavioural

Step 3: Counselling

Counselling for Depression face to face, audio or Skype

Couples Therapy for Depression

Relapse Prevention: Mindfulness Based Cognitive Therapy Group

IAPT Sheffield Service model from April 2016

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