

	Currently Provided (April 2023)	If Provided, what is the Occupational Specialism of Lead Therapist?	If Provided, how long is the full Course of therapy?	Is the Current Provision Under Review?	Is Therapy included In Future Provision	Notes on Future Provision (if applicable)
Cognitive Behavioural Therapy (CBT)	Yes	BABCP accredited CBT psychotherapist	individualised	Yes	Yes	CMHF Transformation looking at what psychological therapies are delivered and how
Dialectical Behavioural Therapy (DBT)	No					
Mentalisation Based Therapy (MBT)	Yes	Clinical or counselling Psychology/psychotherapy	21 months	Yes		MBTi – 12 weeks Followed by 18 months group MBT alongside individual session fortnightly CMHF Transformation looking at what psychological therapies are delivered and how
Cognitive Analytical Therapy (CAT)	No	Clinical or counselling Psychology/psychotherapy		Yes	Yes	In process of beginning training to be able to provide in the future
Psychodynamic Therapy	Yes	Clinical Psychology/psychotherapy	Individualised up to 42 sessions	Yes	Yes	CMHF Transformation looking at what psychological therapies are delivered and how
Schema Therapy	Yes	Accredited Schema therapists	Individualised up to 42 sessions	No	TBC	Some practitioners trained but not a requirement to offer this
Interpersonal Psychotherapy 1:1	No					
Interpersonal Psychotherapy Group	Yes	Clinical psychologist/ Psychotherapist	1 year	Yes	Yes	CMHF Transformation looking at what psychological therapies are delivered and how
Transference-focused Therapy (TFP)	Yes	Clinical psychologist/ Psychotherapist	Individualised up to 42 sessions	No		Maybe practitioners in trust that offer it but not a requirement
Eye Movement Desensitisation and Reprogramming (EMDR)	Yes	Clinical or counselling psychologist/ Psychotherapist	Individualised up to 42 sessions	Yes	Yes	CMHF Transformation looking at what psychological therapies are delivered and how
Family Intervention	Yes	Psychologists , psychotherapist, CMHT nurses who are trained	Individualised up to 42 sessions	Yes	Yes	Relatively new – training commenced last year. CMHF Transformation looking at what psychological therapies are delivered and how
Acceptance and Commitment Therapy (ACT)	No					Some practitioners may be trained but not a requirement

STEPPS	Yes	Senior nurse, OT and a psychological practitioner (CAP,	20 weeks	Yes	Yes	CMHF Transformation looking at what psychological therapies are delivered and how
Structured Clinical Management	Yes	Nurses and OTs	No time limit	Yes	Yes	CMHF Transformation looking at what psychological therapies are delivered and how
Other (please specify) CED Change Intervention	Yes	Nurses and OTs	8 sessions	Yes	Yes	CMHF Transformation looking at what psychological therapies are delivered and how
CED Crisis groups	Yes	Nurses, OT, clinical psychologist,	36 sessions over 12 weeks	Yes		CMHF Transformation looking at what psychological therapies are delivered and how
Therapeutic community	Yes	MDT (Nurses, Occupational therapist, clinical psychologist, psychotherapist, art therapist, drama therapist)	3 days per week for 52 weeks, followed by 52 weekly 2 hour group sessions	Yes	Yes	CMHF Transformation looking at what psychological therapies are delivered and how