How to contact us
If you would like further information please contact us at:
Barking and Dagenham Psychological Services
The Becontree Centre
508 Becontree Avenue
Dagenham RM8 3HR
Telephone: 0300 555 1014
Email: Becontree.psychotherapy@nelft.nhs.uk

Would you like this information in another format?
For copies of this information in a different language, or a different format such as braille, audio or larger print, please contact our equality and diversity team on 0300 555 1201 ext. 65076.

Barking and Dagenham psychological therapies
Mood, anxiety and personality pathway

NELFT NHS Foundation Trust provides community and mental health services for people of all ages in Essex and the London boroughs of Barking and Dagenham, Havering, Redbridge and Waltham Forest.

NELFT NHS Foundation Trust
Trust Head Office, Goodmayes Hospital, Barley Lane, Ilford, Essex IG3 8XJ.
Tel: 0300 555 1200

www.nelft.nhs.uk

©2016 NELFT NHS Fr

www.nelft.nhs.uk
About this leaflet
This leaflet provides information about psychological therapies and explains:
- who we are
- how we can help
- what therapies we offer
- what else do we offer
- how you can be referred to the service
- how to contact us
- how to find additional help

Who we are
We are a team of psychologists and psychotherapists who offer psychological services to adults experiencing long-standing mental health difficulties.

How we can help
We help adults aged 18 and over experiencing mood, anxiety and personality difficulties. These include problems such as severe depression, obsessive compulsive disorder, post-traumatic stress and other anxiety disorders.

You will be offered an assessment to see if therapy would be helpful to you and if so, which therapy would be the most appropriate to suit your needs. We offer a range of evidence-based psychological therapies.

What therapies do we offer?
Art psychotherapy utilises a variety of art materials to help explore thoughts, feelings and make links to where they may have originated from. This helps you to begin to make positive changes in your life and the way you feel, think and behave.

Cognitive behavioural therapy (CBT) is a collaborative process that aims to develop a set of skills to manage your difficulties. This is done by identifying any unhelpful patterns in thinking, behaving, and physical responses as well as finding and practicing effective alternatives.

EMDR (Eye movement desensitisation and reprocessing) helps people who experienced a traumatic event. Through eye movement (sound or tapping) the memory changes so that it becomes less intense. EMDR has proved to be successful with a range of conditions including post-traumatic stress disorder and anxiety.

Family and couple therapy enables family members, couples and others who care about each other to express and explore difficult thoughts and emotions safely, to understand each other's experiences and views, appreciate each other's needs, build on strengths and make useful changes in their relationships and their lives.

Interpersonal therapies (IPT) are most suited to service users who would benefit from a combination of approaches. Clients who are offered IPT will most likely present with a number of psychological difficulties related to life events and relationships. Individual sessions and groups are available.

Psychodynamic Psychotherapy is useful for people with emotional and relationship difficulties. It is an explorative therapy that helps discover how our past experiences impact on the present, understand repeating patterns in relationships and create new ways of relating. We also offer Mentalisation-based Treatment (MBT) and Dynamic Interpersonal Therapy (DIT).

How long does therapy last?
The duration of therapy and the frequency of the sessions would vary depending on your needs and the therapeutic approach. You will have an opportunity to agree on a regular time for your session with your therapist as well as discuss arrangements in case of cancellation, illnesses and holidays.

What else do we offer?
We also offer ten fortnightly introductory workshops which will enable you to begin to address some of your difficulties and engage with the service. Themes will include managing anxiety, depression, healthy lifestyles, assertiveness, anger management, self-esteem, mindfulness, avoidance and self-awareness. These are subject to change.

How can I be referred to the service?
There are several ways that you can be referred to our service: through the Barking and Dagenham Access and Assessment Team (BDAAT), Community Recovery Team (CRT), Crisis Resolution Home Treatment Team (CRHTT), Community clinics and wards.