

Compliance Team – Health Records

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Request:

1. Could you kindly enumerate the therapeutic approaches used in complex care settings when working with complex PTSD. You mentioned CAT and CBT - are there any other approaches (for example EMDR)?
2. Also, could you kindly provide me with the number of Accredited CBT Practitioners and Accredited Supervisors and the number of Accredited EMDR Practitioners and EMDR Consultants working for the trust?

Response:

1. I confirm that EMDR was listed in our response regarding 62 2015 (Rea). Usually people presenting with complex trauma will be involved in a psychological formulation. From that collaborative basis, the most helpful and acceptable course of action will be determined. This may well include psychological therapy and the major therapeutic approaches are available (e.g. CBT and integrative approaches such as Cognitive Analytic Therapy (CAT)). EMDR is a therapeutic technique which could form part of a therapy but, in the case of complex trauma, it would usually be used in conjunction with another major therapeutic approach. The exact approach taken with each service user would be decided in collaboration and with reference to the psychological formulation.
2. Norfolk Wellbeing Service: 32 BABCP accredited practitioners, 1 BABCP accredited supervisor
Great Yarmouth and Waveney Wellbeing Service: 8 BABCP accredited therapists
Suffolk Wellbeing Service: 24 BABCP accredited therapist (+7 Waiting for BABCP accreditation to come through)
2 BABCP accredited supervisors

No EMDR accredited practitioners in any of Wellbeing Services across NSFT