

## **YOUR CHOICE**

Your G.P. has suggested that you consider seeing a mental health worker based in the surgery in relation to your current difficulties. This leaflet aims to give you information that can help you decide if this service is for you.

The practice-based therapist is one of a team of mental health workers based in surgeries throughout the West of Cornwall

Each worker provides assessment and individual treatment for a wide range of problems and concerns.

## **WHAT HAPPENS AT THE FIRST APPOINTMENT**

The initial assessment appointment will take up to about an hour. This is an opportunity for you to discuss your difficulties and explore possible options for help and treatment.

If, at this initial meeting, your assessor decides that you could benefit from more intensive support and treatment they are able to refer you to their colleagues in the specialist mental health services in Cornwall

## **WHAT HAPPENS NEXT**

If your therapist and you decide that treatment could be helpful then this can be actioned in a variety of ways. The majority of clients are seen for short-term therapy on an individual basis but the team also offers couple and family therapy, group treatments run on a weekly basis and skills training workshops that are run over a whole day. The individual therapy is time limited and runs up to a maximum of six sessions

## **CONFIDENTIALITY**

The worker is part of the surgery team and will therefore maintain the necessary clinical record of your treatment in your surgery notes or on the surgery computer records. If you have concerns about what information is shared with other health professionals please discuss this at assessment so that the type of information that is recorded can be agreed upon prior to commencing treatment.

## **YOUR COMMITMENT**

Due to the pressures on this service, it is necessary to ensure optimum use of the treatments available. This means it is very important that you attend the offered appointments or cancel in good time if you are unable to attend. If you do not attend an appointment or cancel more than one appointment, another will not be sent to you without prior discussion.

## **WHAT TO DO NOW ?**

If you decide you would like to be seen for an initial appointment then please contact the reception staff at your surgery and inform them you would like to organise an appointment with the practice-based therapist.

Reception staff will either be able to book you an appointment there and then or get one sent to you in the post.

## **TEAM INFORMATION**

The Primary Care Brief Therapy Team has been in existence since 1998. We are a team of 17 professionals with a variety of professional backgrounds including counselling psychologists, psychiatric nurses, counsellors, family therapists and occupational therapists. We provide a variety of time-limited interventions using individual, couple, family or group work to over 20 surgeries in the West of Cornwall

# **WEST OF CORNWALL BRIEF THERAPY TEAM Information Leaflet**