

What can you expect?

No overnight changes: Knowledge alone is not enough. It will take time and commitment to benefit from the techniques. The more you practice, the better your results will be.

What is expected of you?

Self help: Read any information we may have sent you after your assessment and put the ideas into practice. Use these alongside the ideas in the next column: "What can I do to help myself right now?"

Motivation and willingness to work hard: You will learn new skills and will need to be motivated enough to practice them in your own time.

Set small achievable goals: It is important to be realistic and set yourself small, achievable goals. This way monitoring your progress will be easier.

Attendance: It is important to make a commitment and attend all sessions; whether these are over the telephone, face to face or group sessions.

Progress monitoring: You will be asked to complete questionnaires at each session to help track your progress.



What can I do to help myself right now?

Accepting yourself: Everyone is entitled to respect and this includes you.

Staying active: This may seem difficult but regular exercise can really improve your mood.

Time to relax: Put time aside for you. Try to fit things into your day that help you unwind.

Eating healthily: Having a balanced diet is very beneficial to the way you feel. Try to eat your five a day and cut down on sugar or caffeine.

Asking for help: This can sometimes feel difficult and scary but remember – everybody needs help sometimes whether it's from your friends and family, or from your doctor, local support group or a helpline.

Talking to others: A problem shared can be a problem halved. Try talking about your problems and feelings when they are overwhelming – don't allow yourself to feel isolated.

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Coventry, Solihull
and Warwickshire



Coventry and
Warwickshire Partnership
NHS Trust

Your Therapy with a Psychological Wellbeing Practitioner (PWP)



Information Leaflet

iapt

Improving Access to Psychological Therapies



Stress, anxiety/worry and low mood are common and can significantly impact on people's lives. There is good evidence that people can overcome these themselves by using techniques to change unhelpful ways of thinking and behaving – Cognitive Behavioural Approaches. Psychological Wellbeing Practitioners (PWP) are trained and qualified to assist people in learning these techniques.

What is a Psychological Wellbeing Practitioner (PWP)?

PWP's are trained to deliver proven and effective cognitive behavioural techniques. These techniques are specifically designed to help you to self-manage symptoms of stress, anxiety/worry and low mood.



Your Treatment Plan

You will be offered up to six thirty-minute sessions. Each session will be with the same PWP and can be offered over the telephone or face to face.

Session One:

Introductions
Goal setting
Your own 'vicious cycle'
Choosing the right cognitive-behavioural approach for you.

Session Two onwards:

Working on your chosen approach. This may include reviewing your progress, understanding how the approach can help with your "vicious cycle", how to get going, blocks or difficulties and taking the next step.

Final Session:

Maintaining progress and planning for your future. By this point you will have the skills needed to be your own therapist and you can take the next steps on your journey yourself.



Remember that there will be tasks for you to complete between each session. Completing these tasks and practising the skills is essential for progress to be made and maintained.

IAPT Missed Appointment Policy

It is very unusual for people to miss appointments without cancelling or letting us know. If you were to miss two appointments, then your practitioner will contact you and discuss whether this is the right time for therapy for you and talk about the options available to you.

Confidentiality

Details of your sessions are kept confidentially within the IAPT Service. We notify your GP about your work here (unless you ask us not to) and your details are kept on a secure computer system. The only instance in which we would need to break confidentiality is where we may be concerned about your or somebody else's safety, in which case we may need to inform relevant services.

Recommended additional support

www.covwarkpt.nhs.uk/IAPT
www.cwmind.org.uk
www.mentalhealthmatters.com

Mental Health Matters:

0800 61 61 71 (free from landlines)/
0300 330 5487 (free from mobiles)

Samaritans: 116 123