

Inclusion/ Exclusion Criteria

Who our service is suitable for:

- Aged 18+ (17.5 year old patients considered on a case by case basis).
- Tower Hamlets Residents or those with a Registered Tower Hamlets GP. (All patients must be registered to a UK GP).
- Mental Health This includes Depression, Anxiety, Panic Disorder, Phobias, Single Incident Post Traumatic Stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD), Loss and Bereavement and Relational difficulties. Clusters 1-4. Patients experiencing “Common Mental Health Problems”, with mild to moderate complexity. (Steps 0-3, NICE Guidance, 2011, <https://www.nice.org.uk/guidance/cg123/chapter/1-guidance>).
- Risk to self and others is low and can be contained within Primary Care level.
- Individuals who can benefit from brief interventions, i.e. 6-12 sessions.
- Perinatal individuals and their partners (including pregnancy and up to one year postnatal).
- Adjustment to and management of Long-Term Health Conditions (LTC).
- Individuals presenting with mild Learning Disabilities.
- Individuals presenting with mild or early onset Eating Disorders.

Who our service is not suitable for:

- Older adults with organic neurological impairment or dementia. (Consider Mental Health Care for Older People (MHCOP)).
- Cluster 5 and above.
- Active and acute risk to self and others, including Domestic Abuse/ Violence, or any attempts on life within the last 3 months.
- Active/ untreated symptoms of Psychosis/ Bipolar. (Will consider ‘stable’ (>1 year) patients on a case by case basis).
- Individuals who are going through crises; not socially or emotionally stable enough to engage in weekly psychological intervention i.e. Crisis Intervention is priority, please consider Crisis Therapy Service (CTS).
- Drugs, Alcohol or Substance Misuse contributing to primary presenting problem.
- Individuals presenting with moderate to severe Learning Disabilities.
- Individuals who require a specialist assessment/ intervention for Autism, Asperger’s or ADHD.
- Individuals seeking a mental health report for court cases, insurance claims, medical procedures, rehousing or benefit claims.
- Individuals who are undergoing court or legal proceedings which involves harm to others or who have a conviction of harm to others such as violent or child offences.
- Individuals who have a history of criminal violence towards others or indicating high risk to others who may require specialist/ medium secure/ forensic services.
- Individuals with any diagnosis of Personality Disorder including EUPD as well as traits of anti-social personality/ psychopathy/ sociopathy.
- Court-ordered psychological treatment when patient is not suitable for IAPT and/ or not motivated to engage in therapy.
- Individuals who do not accept that a psychological approach can be beneficial to their mental health.
- Individuals who have completed treatment with THTT in the last 3 months.
- Individuals who have not consented to a referral.