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| **Confidentiality**During your assessment you will have consented to information sharing on a need to know basis. Whilst therapy is a confidential process, there may be times however if there are concerns about risk, when your therapist will consult with another professional to further assist you. This may be your G.P. or a psychiatrist. It is important that throughout our contact with you we meet your needs as best we can. You will be informed if this happens.What if you need an Interpreter?Tower Hamlets is a multicultural borough and we regularly see service users from many racial, ethnic and cultural backgrounds. We pride ourselves on being an accessible psychological therapies service therefore we always use an interpreter when required. If an interpreter is needed, we will book an interpreter for your therapy and will use the same interpreter so that you feel secure talking about your concerns during sessions. We are open to any feedback you have regarding the interpreter so that we can ensure it helps your therapy. Interpreters are bound by confidentiality.

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| **Contact: Tower Hamlets Psychological Therapies Service****Address: 1st Floor Burdett House, Mile End Hospital, Bancroft Road, London, E4 1DG****Telephone: 020 8223 8075** |

 | **Tower Hamlets Psychological Therapies Services** **Psychodynamic****Psychotherapy****Information for service users referred to the service** |
| **What is Psychodynamic Therapy?**Psychodynamic Psychotherapy helps individuals by looking at problematic patterns of behaviour that evolved in past relationships and life experiences. The psychotherapist allows the client to talk freely and does not necessarily set the agenda, but gently draws attention to problems that have been too difficult to manage. This helps clients recognise that they are not always conscious of all of their experiences and by bringing some of the past experiences and tendencies into conscious awareness can gradually and greatly reduce distress and unwanted behaviours that create obstacles in life. Psychodynamic psychotherapy quite often results in increased self-esteem and a better understanding of relationships both past and present.Who is this service for?The service is suitable for people who are aware that their personal history has had an impact on how they feel about themselves and are willing to discuss issues from their past. It is also for people who wish to think about how they relate to others and are willing to work collaboratively with the psychotherapist in improving the quality of life.This service is for adults over the age of 18 who have long-term, severe and complex mental health needs. Service users seen can experience a range of mental health concerns such as: Depression and anxiety; trauma/Post Traumatic Stress Disorder (PTSD); relationship and interpersonal problems and, other mental health difficulties. | What can you expect?After you are referred you will be asked to attend an Information Session – this is intended to given you more information about our service and help you make an informed decision about whether psychological therapy is for you. After that you will be invited to an assessment – a one-to-one meeting with one of our team who will find out more about your difficulties and think about the best treatment with you. Once it has been agreed the type of therapy that will help you with your mental health needs, your name will be put on the waiting list and you will next be contacted to start the therapy. Therapy is usually provided weekly at the same time and the number of sessions may be agreed at the start or at intervals depending on your needs.To improve the service we provide we will involve you in evaluating the therapy you receive and the progress you make in it. At intervals you will be asked to complete a satisfaction survey giving feedback on your treatment and questionnaires monitoring changes in your wellbeing. Where appropriate you can be assisted to fill in these questionnaires. What do we expect of you?All therapies work best when they are regularly attended. Sessions are usually from 50 minutes to one hour and will be focussed on your needs and helping to work out a way forward for you.If you are unable to attend your appointment please phone the service on 020 8223 8075 to cancel or reschedule as soon as you are aware of this.  If you don’t cancel appointments or miss two consecutive appointments without contact, it may result in your case being closed to the service, and you will need to be re-referred.  Your referrer will then be informed of this.Receiving psychological input is a commitment and any gains achieved will rely on your attendance and engagement with the process. |