

The Wales Mental Health in Primary Care
(WaMH in PC)

Bursaries 2006

Name of Applicant(s): Lesley Harvey

Subject: Cognitive Behavioural Therapy

Aim

To provide services which can demonstrate collaborative and innovative opportunities in the development of staff and or user carer training and support, in developing Primary Care Mental Health Services.

Evidence

The establishment of a rolling programme for providing group and individual computerised cognitive behavioural therapy for the treatment of 1. depression and 2. bulimia in both a day hospital and home setting with the aim to eventually have these programmes accessible via the local library. A pilot scheme has been in place since 2005. Although numbers have been small, feedback and patient outcome measures have been very encouraging to date. Initiated by the G.P. Liaison Nurses using the five areas approach for overcoming depression (and bulimia) a programme developed by Dr. Chris Williams. The programme is currently delivered by computerised disc via 5 laptops (with headphones for confidentiality) and supported by two nurses. We now have a service user volunteer who is willing to participate in facilitating this alongside a trained counsellor. The bursary would be used to fund the educational package and pay for a counsellor and expenses for our volunteer. We would be able to target 16 clients with depression and four with bulimia on a group basis one day a week, and as the programme has no client limits it could also be used on an individual basis for clients who dislike group work. We hope that information gathered on response to, and outcomes of treatment will help make a case for full time funding of a counsellor and volunteer in this area. Thus providing education, support and a positive role model for clients to relate to.