

Is there anyone I can speak to about what therapy will be like?

Yes – we have a Peer Support service at PICuP, which is made up of people who have now finished their therapy with us. While you are on the waiting list you can speak to someone who has been through therapy themselves. They will be able to tell you a bit more about it, and answer any questions or worries you may have.

“If we can share our experience we can learn together”

How can I receive Peer Support?

All you need to do if you feel that you would benefit from speaking to a Peer Supporter before therapy is to **contact our Peer Recovery Officer Chris Shoulder** on 0203 228 3458 or Christopher.Shoulder@slam.nhs.uk (see also our Peer Support & Involvement Leaflet), and every effort will be made to identify a suitable Peer Supporter. They will also be able to tell you about other support they provide during therapy.



Psychological Interventions Clinic for outpatients with Psychosis

PO79, Maudsley Psychology Centre
Maudsley Hospital
Denmark Hill
London SE5 8AZ

Tel: 020 3228 3524

Email: picup@slam.nhs.uk

Reflections on psychological therapy for psychosis:
<https://vimeo.com/user2051960/review/142126508/56e6bcfd3f>

(Link to the SLaM IAPT-SMI Psychosis Demonstration Site film)



Winners
Psychology & Psychotherapy Service User Involvement Award 2015



Winners
Quality, Learning & Excellence Award 2017



Winners
Transforming Lives

2018



Winners
Putting Patients First Award For Healthcare Professionals

2018



What is Psychological Therapy?



Winners
Primary & Community Mental Health Care

2018



AWARDS
FINALISTS 2017

What therapy do we offer?

We offer Cognitive Behavioural Therapy (CBT) that has been recommended by NICE (National Institute of Health and Care Excellence). Therapists meet one-to-one, usually weekly with clients, for 6 sessions at first, and then review how therapy is going. If things are going well, therapy sessions will continue for up to 6 months. We do offer some evening appointments and sessions via Skype.

What have others found therapy helped them with?

- A clearer understanding of my experiences, and how they influence me.
- Coping strategies and techniques to use at times when things get really tough.
Developing helpful ways of thinking, relating to feelings, and acting in day-to-day life (often when I am going through really difficult things).
- A greater level of CHOICE and CONTROL in how I live my life



What will we work on?

Whatever you feel is most important, or most distressing.

Whatever you feel is getting in the way of you living a meaningful life, or being the person that you most want to be.

And any other experiences that get in the way of the life you would like to live.

You won't have to focus on things you don't want to talk about!

What is a therapy session actually like?

Each week we decide together how to use the hour.

This might be continuing to talk about an ongoing topic or goal we are working together towards.

Or, there might be something that has come up during the week that is really pressing.

Our job is to try to work on this together in such a way that we might understand the things that happen to us, or understand ourselves, a little better.

We might also try out or practice new things together in the session, and plan things to work on or practice before the next session too.

This means that when therapy is over and you're facing something really difficult, you have a new understanding or coping strategy to help you.

How can I think about this differently, or bring in another perspective?

Now that I understand my experiences a bit better, how can I manage it this time, even if it is distressing?

Can I choose the most helpful thing I can do right now; what will make me feel more in control?



What will my therapist be like?

The therapist is not an expert or teacher, we try to work together as a team – they might have some ideas that they think might be worth trying, but you know yourself and your experiences best.

At times, the therapist struggles with lots of the same stuff as the person having therapy: we're all trying to find ways of being the people we want to be.

The therapist can't necessarily make voices or persecutors go away, but they're committed to developing a relationship in which you can try to tackle problems and make important changes together.

The therapist will try not to get downhearted when things are really difficult, or carried away when we're making good progress.

The therapist won't judge, or criticize.

The therapist genuinely cares and aims to support you.

If you don't get on with your therapist, you can ask for another one.