SERVICE DESCRIPTION: Specialist Psychotherapy Service

The Specialist Psychotherapy Service offers tertiary level treatment, consultation and advice for service users and specialist education, training and research. Tertiary care is specialised consultative healthcare on referral from a primary (eg GP) or secondary (eg Community Mental Health Team) health professional for advanced assessment and treatment.

The Specialist Psychotherapy Service has four specialist diagnostic teams focused on:
- Depression
- Anxiety and Post-Traumatic Stress Disorder (PTSD);
- Obsessive Compulsive Disorder/Body Dysmorphic Disorder;
- Personality Disorder (the Personality Disorder Team forms part of the wider Trust strategy).

There is also a specialist service for dental pain and anxiety which is part of the Dental Care Pathway in association with the salaried dental services in Sheffield.

Waiting time to assessment will be approximately 6 to 12 weeks except in cases of urgency (e.g. a medical condition that will be compromised due to non-treatment). If assessed as suitable for treatment, service users will then be placed on the relevant waiting list.

The Specialist Psychotherapy Service offers education and supervision across the region and has links with both Sheffield Universities.

ADDRESS: St George's Community Health Centre, Winter Street, Sheffield S3 7ND

DIRECTORATE: Community Directorate

DATE: March 2014

1. ELIGIBILITY

The selection criteria for the above Service are applicable to:

- All adults irrespective of gender, age (18 years of age or over), ethnicity, sexuality, culture or physical abilities who experience complex mental health difficulties that have not responded to previous treatment (eg the IAPT Service, Community Mental Health Teams etc) and who require a specialist team intervention.

2. THE REFERRAL PROCESS

Referrals are accepted from healthcare professionals in primary and secondary healthcare.

3. GEOGRAPHICAL POPULATION COVERED

- The registered populations of NHS Sheffield Clinical Commissioning Group;
- People without settled accommodation who are resident in Sheffield;
- Regional external contracts that require a tertiary service;
- Referrals taken from NHS referrers across the region, e.g. GP, Community Mental Health Team, NHS Hospital etc.