

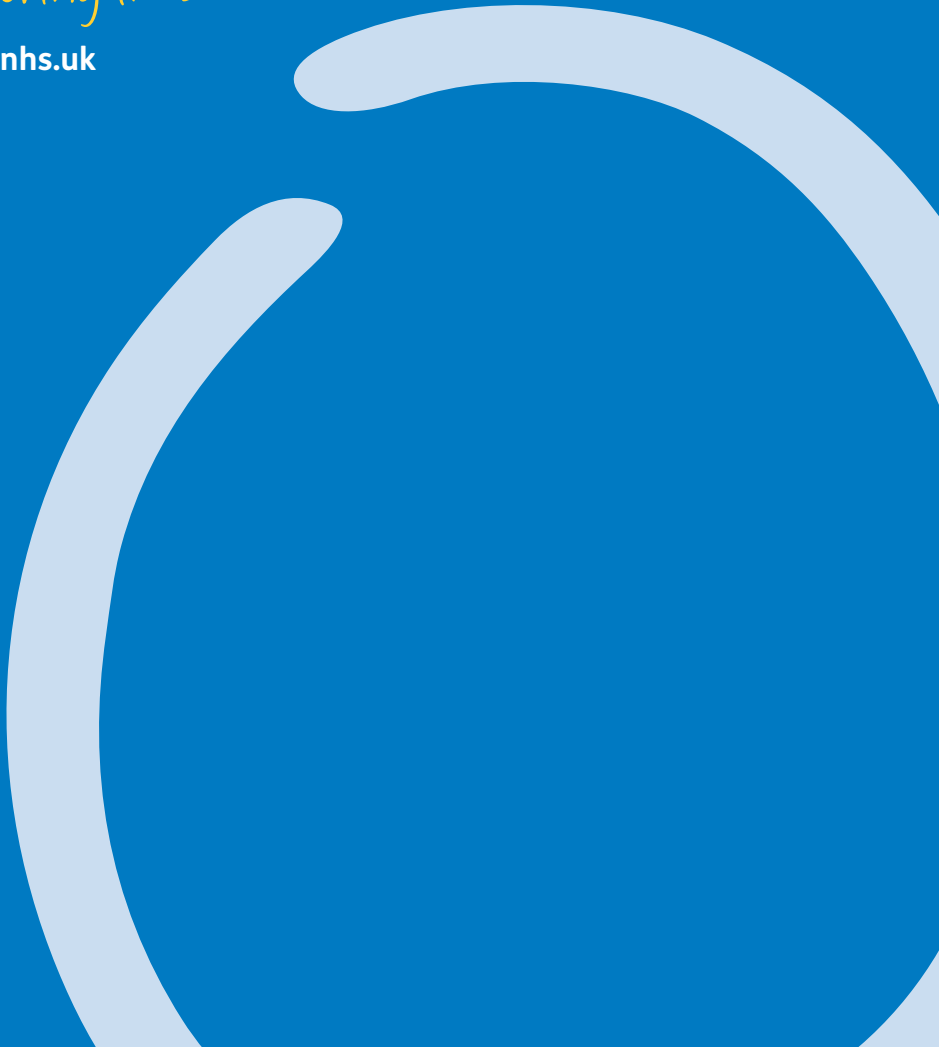


# Forensic Psychological Therapies Outpatient Services

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# This leaflet is about the forensic psychological therapies team outpatient service, which offers psychological assessment and treatment for adults. It explains what we do and what will happen after you are referred to us.

## What we do

We offer psychological assessment and treatment for adults who live in the boroughs of Bexley, Bromley, Greenwich, Lewisham and Southwark.

You can be referred to us by any agency or professional. In certain circumstances we also accept self-referrals.

We will try to help you if you have experienced the following:

- long-standing emotional difficulties or high levels of personal distress
- problems in managing your relationships with other people
- a tendency to act in an antisocial manner, often aggressively, which results in problems for you or those around you.

## Appointments

After you have been referred to us you will be sent a letter, with a tear-off slip and a stamped addressed envelope. You must

return this before you can be offered an appointment. If you don't return this slip within four weeks your file will be closed.

We will try to provide you with an appointment at the clinic of your choice. If you need to cancel an appointment, please try to do so at least 24 hours in advance.

If we do not hear from you then we will not send you another appointment.

## What to expect

We will offer you between one and six meetings with a psychological therapist, over a period of several weeks. Each meeting will last between 45 minutes and one hour. You may like to write down any questions you have before the meeting and bring these with you.

The aim of these meetings is to:

- discuss your current difficulties and concerns

- gain an understanding of your life experiences
- work out the best way that we can help you
- plan a way forward that you are happy with.

As part of this process we may ask you to answer a questionnaire. We can read this to you if you have any difficulties with reading.

At the end of the assessment process we will write to you clearly describing what the outcome of our meetings has been in relation to the points above. This letter is important as it forms a record of your discussions with us and a shared understanding of your difficulties. A copy of this letter is sent back to the person or organisation who originally referred you to us.

## What happens next?

The next step is for us to agree a way forward. This might include continuing with individual work, attending a one-day workshop for people with anger management difficulties, going into a group programme, or taking up help from a local service.

Some people find that at the end of the meetings they decide that they no longer need or want help, at least for the time being.

## Your opinion matters

We are committed to providing the highest standards of care, so we welcome your views on the services we provide. If you would like to comment, make a suggestion or make a complaint, please speak to the person you normally see or ask to speak to the team manager. You may also like to speak to our Patient Advice and Liaison Service (PALS) on 0800 917 7159.

## Confidentiality

All our staff are required to abide by a strict code of conduct on confidentiality. We will only share information with those who need to know in order to provide good quality care. Occasionally there may be exceptions to this, for example to support a clinical audit or to monitor the quality of care provided. We will usually discuss this with you beforehand.

# How to contact us

Address for correspondence:

Psychology Department

Bracton Centre

Bracton Lane

Leyton Cross Road

Dartford

Kent DA2 7AF

T: 01322 297151 or 01322 297614

E: [sarah.payne@oxleas.nhs.uk](mailto:sarah.payne@oxleas.nhs.uk) or

[mary.smith@oxleas.nhs.uk](mailto:mary.smith@oxleas.nhs.uk)

We offer clinics in three locations:

- Psychosynthesis and Education Trust (PET), near London Bridge
- Stepping Stones, Farnborough, Bromley
- William Morris Centre, next to the Bracton Centre in Bexley (includes an evening clinic on Wednesdays).

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