



PSYCHOLOGICAL SERVICES FOR ADULTS

OVERVIEW



INTRODUCTION

CPA has a proven track record of delivering highly effective psychological services for adults with mental health difficulties. Our clients range from large non-statutory health and social care providers to local voluntary sector organisations.

Through working in partnership with organisations, we enable them to position their services at the cutting edge of care delivery and maximise their effectiveness in ways that can readily be translated into demonstrable clinical and social outcomes.

We also accept referrals from private individuals, and are registered with all the major private healthcare insurance companies. We offer immediate access to effective assessment and treatment for a wide range of psychological difficulties.

In every setting – regardless of whether we are working with individuals, carers or practitioners – the focus of our psychological support is on creating meaningful and enduring change through evidence-based practice.

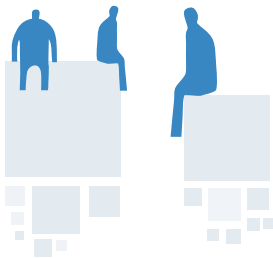
OUR SPECIALIST TEAM

- Highly qualified psychologists who are chartered and registered with the HPC
- Employed directly by CPA to ensure quality and consistency of approach
- Available on-site across the UK
- Receive regular clinical supervision
- Undertake continuous professional development



OUR APPROACH

- Underpinned by evidence-based therapeutic approaches (e.g., CBT)
- Consistent with all relevant legislative frameworks, standards and clinical guidelines (e.g., NICE, DoH, Ofsted, DANOS)
- Helping people to resolve their difficulties and restore control of their lives
- Equipping people with the skills they need to achieve long-term recovery



RESIDENTIAL CARE AND SUPPORTED LIVING

Severe and enduring mental health problems and learning difficulties can often leave people confronting stigma, prejudice, discrimination and social exclusion. Our input empowers service users whose functioning is affected by psychological problems. This enables them to take control of their lives and, where possible, activate their own process of recovery.

- **Training in psycho-social interventions (PSI) and cognitive-behavioural therapy (CBT)**

One of the most powerful ways to facilitate recovery is to equip staff teams with the knowledge, skills and confidence to work in a genuinely collaborative and therapeutic way with service users. Our five-day training programme in psycho-social interventions (PSI) – underpinned by cognitive-behavioural therapy (CBT) – deepens their understanding of the problems experienced by service users and encourages them to reflect on their own practice. It also gives them a comprehensive toolkit of practical intervention strategies they can apply in their day-to-day work with service users.

- **Supervision, direct therapeutic input and consultancy**

Our training can be supplemented by expert supervision for staff teams or, where necessary, direct therapeutic input with individual service users whose needs are particularly complex. We also offer consultancy that enables organisations to strengthen their clinical governance, optimise the quality of care they deliver, and ultimately create 'gold standard' services.

SUBSTANCE MISUSE

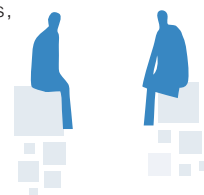
As well as causing severe disruption to people's lives and affecting their relationships, long-term substance misuse can leave them facing an entrenched culture of blame, rejection and exclusion, particularly in relation to housing and employment. It can also be a key driver of offending behaviour, playing a major role in keeping people trapped in the criminal justice system.

- **Training in cognitive-behavioural therapy for substance misuse**

For practitioners, we provide a comprehensive five-day training programme in cognitive-behavioural therapy for substance misuse. It builds a foundation of key CBT skills and techniques before then focusing on a range of specific evidence-based applications: motivational enhancement, coping strategies (including techniques for coping with cravings), self-esteem, social skills and assertiveness, working with families and social networks, and relapse prevention.

- **Breaking Free Online**

Breaking Free Online is a pioneering online treatment programme that enables people to resolve the psychological issues that drive their use of alcohol or drugs, transform their lifestyle, and conquer their dependence once and for all. It can be used by people independently, where appropriate, or as computer-assisted therapy by practitioners, peer mentors or volunteers. More information is available at www.breakingfreeonline.com.



- **Group Psycho-Social Interventions (Group PSI)**
Group PSI is a structured and fully manualised group work programme. It enables substance misuse practitioners to deliver evidence-based psycho-social interventions in a highly systematic way. Consisting of eight group work sessions reinforced by a parallel series of eight one-to-one keyworking sessions, Group PSI complements and enhances other treatment options, including substitute medications. More information is available at www.psi-treatment.com.

MENTAL HEALTH

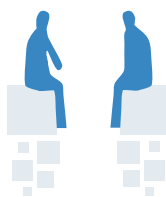
Psychological problems affect at least three in every ten people each year in the UK. Our specialist Clinical and Counselling Psychologists offer rapid and effective support, using CBT and other clinically-proven approaches.

We can accept referrals through organisations, including health and social care services, or from individuals (either directly or via their GP).

Our approach is consistent with the Department of Health's Increasing Access to Psychological Therapies (IAPT) programme, following a stepped care model and offering both low and high intensity interventions.

By harnessing our psychological expertise, we can help people to understand and overcome a wide range of difficulties, including:

- Depression
- Low self-esteem
- Panic attacks and agoraphobia
- Social anxiety
- Specific phobias
- Generalised anxiety
- Hypochondriasis (health anxiety)
- Post-traumatic stress (PTSD)
- Obsessional or compulsive behaviours
- Work-related stress
- Anger control problems
- Relationship difficulties
- Sexual problems
- Addictions
- Sleep disruption
- Psychological adjustment to medical diagnosis or adverse life events
- Bereavement



Contact us today to discuss how we can help you or your organisation.

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