

CBT in general practice

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Senior GP registrar

September 2006 – March 2007

Current GP practice

Rating of depression, assessment of anxiety

Blue book: Defeating depression

Yellow book: Coping with stress and anxiety

Counselling +/- antidepressants +/- anxiolytics

Regular review

Waiting list for psychology

Prescription of antidepressant +/- anxiolytic

Med 3

Current GP practice

Feeling of helplessness from GP

GPs do not read or use blue/yellow book

Unproductive reviews awaiting psychology

Resort to prescription of medication/ med 3

Learned helplessness from patient

Patients do not use blue/yellow book

No direction whilst awaiting psychology

Uniqueness of GP practice

Knowledge of patient and family issues

Continual assessment and formulation

Regular contact

Antidepressant as adjunct

Referral if necessary

Bridge to secondary care and psychology

CBT principles

Education of cognitive model

Thought > Mood > Behaviour

Automatic negative thoughts affect mood

Challenging negative thoughts

Positive self talk – trigger ‘happy’ pathways

Life skill: treatment and relapse prevention

Identification of goals: change is necessary

Overcoming Depression: Initial steps - behaviour

Changing your behaviour

Breaking down large problems

Being a positive activist

Coping with boredom

Increasing activity and distraction

Creating 'personal' space

Knowing your limits

Dealing with sleep difficulties

Overcoming Depression: Initial steps – body works

Antidepressant drugs

Changing the way you treat your body

Eat a healthy diet

Take exercise

Reduce your alcohol intake

Tranquilisers

Learning to relax

Breathing

Muscular relaxation

Creative visualisation

Helpful Tools

Blue book: Defeating depression

Yellow book: Coping with stress and anxiety

The Mental Health Handbook - Trevor Powell

Mind over mood - Christine Padesky

Overcoming depression – Paul Gilbert

CBT experience

57 y.o. m	chronic depression	(15 x 1hr)
27 y.o. f	CFS, depression, OCD	(15 x 1hr)
38 y.o. f	mild depression	(6 x 30mins)
27 y.o. f	anxiety, opiate abuse	20mins weekly

20 supervision sessions CBT

Supervised by Dr Rashmi Shankar

Commissioning in Mental Health

Meeting 28th February 2007

Reading PCT & Berkshire Healthcare Trust

Issues raised

Psychology waiting list

(4 weeks -assessment, 12 weeks treatment)

Referrals likely to increase

Re-organisation of mental health services

Secondary care - severe and enduring illness

Primary care - mild and moderate illness

Comissioning in Mental Health

Meeting 28th February 2007

Possible solutions

Increase number of therapists

Extending CBT training to clinicians

Link mental health care workers

- advisory and liaison role

Potential problems with extending CBT role

Clinical governance and quality control

Training issues and supervision

Future Role

Advocate for promotion of self help material in primary care

Role in promotion and training of CBT in everyday clinical practice

Service re-design/ training with Berkshire Healthcare trust and Reading PCT

Liaison role between primary care and secondary mental health services

Continuing CBT experience in general practice

Additional experience in psychiatry

Weekly session in outpatient clinic

Weekly session in emergency clinic and triage

Experience in old age psychiatry

Experience in child and adolescent psychiatry

Experience in learning disability

Experience in mental health of young offenders

Multi- disciplinary team and mental health agencies

Role for GPwSI in Mental Health

Department of Health

National Service Framework for Mental Health
(1999)

The NHS Plan (2000)

Guidelines for GPwSI Mental Health (2003)

Fast forwarding Primary Care Mental Health
(2003)

Achievements

Links with mental health professionals in Berkshire Healthcare Trust

Use of CBT skills as therapist

Use of CBT skills within general practice

Further experience in psychiatric assessments

Extended experience in psychiatric specialties

Practice base commissioning

Quality improvement in Primary Care

Leadership skills