

Choosing the right therapy

We offer the following short-term therapies:

Cognitive Behavioural Therapy (CBT)

CBT is a practical, problem solving approach that focuses on your problems in the 'here and now'. CBT helps you to change the way you think and behave and improve the way you feel. It teaches you to gradually confront and overcome your fears.

Counselling and Psychotherapy

This provides support, advice and guidance to help you overcome problems such as loss or bereavement, stress, relationship problems and early childhood trauma.

Couples Therapy

This is used to help people with mild to moderate depression where relationship issues are the main problem. Couples are seen together with a Therapist.

Group Therapies

These informal sessions allow one or more of our Therapists to meet with a group of people who are dealing with similar issues and helps manage problems such as stress, bereavement, social anxiety or phobias.

Feeling stressed, anxious or low?

We can help you conquer a wide range of psychological and emotional problems.



Contact us

for details of clinics
in your local area

T: 01332 265 659

F: 01332 265 753

E: enquiries@trentpts.co.uk

www.trentpts.co.uk

Trent PTS

Woodlands Lodge

111 Uttoxeter New Road

Derby, DE22 3NL

Your options for dealing with psychological problems.

One in four of us will experience mental health problems at some point in our life.

We're here to help.

Trent PTS is an independent Psychological Therapies Service funded by the NHS. We provide quick and easy access to a range of psychological therapies so that you can get the help you need, when you need it. **Our services are free of charge.**

Problems we can help with:

- Stress
- Anxiety
- Panic attacks
- Phobias
- Low mood
- Depression
- Low self-confidence
- Low self-esteem
- Relationship problems
- Loss, grief & bereavement
- Anger problems
- Alcohol problems
- Sleep problems
- Obsessions & compulsions
- Trauma
- Eating problems

We provide short-term therapies that can:

- Help to reduce your symptoms
- Help you to cope with adverse life changes
- Improve your ability to develop and sustain relationships
- Help you manage long-term physical health conditions

The therapies we provide have been shown by research to be the most effective form of psychological interventions for anxiety, depression and phobias.



How to get help

You must be **registered** with your local GP. This will enable us to effectively coordinate your treatment.

We need to receive a referral to offer you an assessment. This can be done in one of the following ways:

- Complete our **Referral Form** and post or fax it to us.
- Get a family member, friend or other person, to complete the **Referral Form** for you and post it to us.
- Complete our **Referral Form** online via our website at www.trentpts.co.uk
- Contact us by telephone on **01332 265 659**
- Alternatively, ask your GP, other health or third party professional to refer you to us.

What to expect

Step 1

We will ask you to attend a friendly, confidential face-to-face assessment to help us understand your problems and how they are affecting you. If your health condition worsens whilst you await an assessment with us, please contact your GP.

Step 2

Based upon your assessment, we will create a tailor-made treatment plan that will outline how we will help you and how many sessions you are likely to need.

If we feel you are not ready or well enough to start therapy at this time, we will explain why and will help you access alternative services and treatments.

Step 3

When you start treatment it is important that you attend all sessions. At the start of each session you will be asked to complete a short questionnaire about your problems. This enables us to measure your progress and improvement in therapy.

Therapy is normally completed within three months.

