


Prifysgol Cymru
 Y Drindod Dewi Sant
University of Wales
 Trinity Saint David

Contemporary Context of Counselling Skills M4X00954



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Contemporary Context of Counselling Skills Module Learning Outcomes:

Module Learning Outcomes:

- Evaluate a range of theories of causality relating to emotional distress and its impact on wellbeing
- Recognise links between individual experience of health and health issues and the wider structural elements relevant to health and wellbeing

Lesson Aims:

- Explore Psychotherapeutic approaches in Mental Health

The 'Four Forces' in Psychotherapy

- ❖ First force – Psychoanalysis and Psychodynamic theories
- ❖ Second force – Behaviour and Cognitive Therapy
- ❖ Third force – Existential-Humanistic Theories
- ❖ Fourth force – Social Constructivism and Postmodernism
- ❖ Fifth Force – Neuroscience and Neuropsychotherapy

National Health Service 1948

- Counselling and Psychotherapy services in the NHS have grown largely in parallel with the NHS
- Two Main functions:
- Provides EAP services for staff
 - Provides treatment for patients
 - Difficulties include: information sharing, imposed time limits, cost effectiveness, working with imposed directives

Psychological Therapies in Wales



- ❖ The National Assembly for Wales is the democratically elected body that represents the interests of people in Wales.
- ❖ Access to psychological therapies is seen as a problematic issue in Wales.
- ❖ The terms 'psychological therapy', 'psychological treatments', 'talking therapies' and 'talking treatments' are often used interchangeably.
- ❖ There are two main traditions of psychological therapy; psychotherapy and counselling

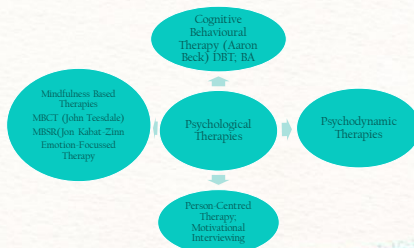
Psychological Therapies in Wales



- ❖ The Royal College of Psychiatrists say there is good evidence that psychotherapies can help anxiety, depression, the effects of trauma and psychotic symptoms.
- ❖ Psychological therapies are provided by a range of different professionals.
- ❖ Primary Health Care and Primary Health Care Teams (PHCTs) Community Mental Health Teams
- ❖ Secondary Services – Defined as acute, emergency treatment, specialist care and crisis intervention teams
- ❖ Third sector organisations
- ❖ Private practitioners.

Consider some of the Psychological Therapies which are available

Psychological Therapies within the NHS



Improving Access to Psychological Therapies (IAPT)

- ❖ The Government –funded ‘Improving Access to Psychological Therapies’(IAPT) Lord Layard (2005)
- ❖ Developed to implement the National Institute for Health and Clinical Excellence (NICE) guidelines for working with people with depression and anxiety disorders.
- ❖ <http://www.iapt.nhs/>

Improving Access to Psychological Therapies (IAPT)

- ❖ Randomised Controlled trials (RCT) research consistently show that psychological treatment is in many cases as effective as medication. (Sanders, 2011)
- ❖ Psychiatric treatment still very much based on drug treatments ,
- ❖ Growing concerns about side effects and addiction to Psycho active drugs
- ❖ Pharmaceutical industry selling record levels of drugs
- ❖ Drugs no better than placebo (Sanders, 2012)
- ❖ Growing evidence base for the use of Psychological Therapies in treatment of long-term physical health conditions: ME; Chronic pain; Chronic Fatigue syndrome; Diabetes, Tinnitus

Scotland Matrix

- ❖ NHS Education for Scotland (NES) (Scottish Government 2008,2011, 2015)
- ❖ NES is a national special Health Board supports NHS services to people of Scotland through the development and delivery of education and training for those who work in NHS
- ❖ Work in partnership with local health board, education providers and other bodies to ensure that all members of NHS Scotland are equipped with skills, knowledge to provide excellent care to people of Scotland
- ❖ Matrics Cymru - adapted from the Scottish Matrix - is a professional guidance document setting universal standards and evidence tables for the delivery of psychological therapies in Wales

Mental Health Wales Measure 2010.

- ❖ Aim is to improve access to primary care and support for people with mental health needs, including psychological therapies.
- ❖ Part 1: Places a duty on local authorities and health boards to provide more services, such as counselling, stress and anxiety management, at GP practices or other local venues. These are known as Local Primary Mental Health Support Services (LPMHSS).
- ❖ Part 2 : Promotes psychological therapies in secondary care by strengthening the care planning process for patients.
- ❖ A Review in 2015 noted that demand for basic level mental health assessments and services remains significant.
- ❖ <http://www.legislation.gov.uk/mwa/2010/7/contents/enacted>

NAPT, 2011

- ❖ The National College of Psychiatrist: National Audit of Psychological Therapies (2011)
- ❖ Concerns regarding length of time clients are waiting to access services.
- ❖ There is a need for more Evidence Based Practice/ Practice Based Evidence
- ❖ Recruitment and Retention
- ❖ Effective delivery and evidence based training and upskilling
- ❖ Clear defined career pathways
- ❖ Appropriate supervision
- ❖ Early intervention

Together for Mental Health 2012

- ❖ Welsh Government produced a 10 year strategy ' Together for Mental Health : A Strategy for Mental Health and Well-Being in Wales, 2012' .
- ❖ Superseded all other plans.
- ❖ Aim to reach ALL people of ALL ages
- ❖ Last updated January 28th, 2015 Welsh Health Minister announced that the Welsh Government is pledging £650,000 toward training more NHS staff to deliver recognised evidence-based therapies to the population of Wales (Price, 2014)
- ❖ In Wales Mental Health affects 8- 12% of population at any one time with 25% affected during their life time (Welsh Government, 2012)
- ❖ Concerns have been raised over mental health provision for young people in Wales. Statistics reveal that Child and Adolescent Mental Health Services in Wales have received more than 40,000 referrals for under-18s in the past two years.

Together for Mental Health 2012

- ❖ Key outcome of the strategy was that the 'access to, and the quality of preventative measures, early intervention and treatment services are improved and more people recover as a result'.
- ❖ The delivery plan contains the measures against which progress towards the strategic objectives are met. The first plan ended in 2016, there have been calls to further increase the availability of psychological therapies.

The Review Access to and Implementation of Psychological Therapy Treatments 2015

- ❖ Across the UK, demand for psychological therapy has increased
- ❖ Review concludes that services are providing a range of psychological therapies in line with NICE guidelines and the psychological Therapies in Wales: Policy Implication Guidance (Welsh Government 2012)
- ❖ However, there are differences in availability and quality of service and treatment delivery across different areas
- ❖ Absence of a clear training strategy – a national rather than a regional concern
- ❖ Training budgets restricted

Do Modern Antidepressants Work?

- ❖ Up until 2003, the answer to this question was a resounding yes, published studies showed a 95% recovery rate (Meyers, 2000; Turner et al, 2008)
- ❖ In 2004 a meta-study by Moncrieff, Wessley and Hardy, 2004 called this research into serious doubt, exposing unpublished data. The true success rate was more like 50%.
- ❖ This was confirmed in later studies by Pigott et al in 2010.
- ❖ 50% of depressed patients taking placebos also improved
- ❖ Different antidepressants might work differently for different people - Are all studies really comparing like for like?

Do Antidepressants work?

- ❖ Many random control studies do have a positive effect. Royal College of Psychiatrists (RCPsych, 2010) claim that antidepressants appear to be twice as effective as placebos.
- ❖ Modern therapeutic practice combine medication with psychotherapy.
- ❖ In some cases, whereby patients have severe treatment resistant depression, the only effective treatment is Electro-convulsive therapy (ECT)

Approaches to Mental Health

- ❖ Many counsellors and psychotherapists take the purist view that psychotherapeutic explorations of emotional distress have nothing to do with medical models, but are merely part of the human condition.
- ❖ Whether emotional distress requires treatment (medical or non-medical) is a matter for debate.
- ❖ Psychopharmacology versus psychotherapy
- ❖ Phenomenology – the study of events without necessarily ascribing provable causes. Exploring inner processes by investigating external effects

A Review of Talking Therapies in Wales 2015

- *'Differences in the availability and relative quality of, and access to, service and treatment delivery, this is evident both at regional level, service level and practitioner level'*
- In 2015, Wales Mental Health in Primary Care network (WaMHinPC) released a report '*Experiences of Delivery Primary Mental Health Care*'
- GPs and Primary Care staff experienced and increase in time spent on mental health related work
- 59% said workload and increased complexity have a detrimental impact on well-being
- 72% found it very difficult to manage at PC level

Barriers to delivery of Primary Mental Health Services

- Timely access to psychological therapies (85%)
- Timely access to secondary care services (63%)
- Service Capacity 62.4%
- 88.5% felt that there should be greater investment in time and resources

Together for Mental Health Delivery Plan 2016-19

- Aims to improve access to evidence based psychological therapies for adults in line with the NPTMC Action Plan by March 2017.
- Requires Health Boards to:
- Report on a 26 week referral to treatment target in specialist mental health services;
- Ensure that at least 80% of those waiting for Local Primary Mental Health Support Services are seen within 28 days;
- Measure the waiting times for psychological interventions in LPMHSS; and
- Local partnership boards are to evidence progress annually against the NPTMC action plan.

MIND CYMRU 2016

- ❖ Research based on 400 service users
- ❖ 70% of people said they weren't offered any choice in the type of therapy they received;
- ❖ 66% of people said that no one had explained different types of therapies to them at any point;
- ❖ 48% had to request psychological therapies, rather than being offered them;
- ❖ 39% were satisfied overall with the therapy they received; and
- ❖ 19% of people felt like they received enough sessions to stay well
- ❖ Improving access to psychological therapies was a key priority in Welsh Assembly election manifestoes

Public Health Wales' National Psychological Therapies Management Committee (NPTMC)

'Wales Psychological Therapies Plan for Adult Mental Health'.

- ❖ Reduce waiting times, setting standards and investing in new approaches, resources and training
- ❖ 3 year investment and development programme to increase access to Psychological Therapies across Wales.
- ❖ A part of the plan involves making better use of existing staff, who are already trained in psychological therapies, through the 'development of prudent and more effective pathways of care'.

Child and adolescent access to psychological therapies

- ❖ CAMHS provision is not sufficient to meet the needs of young people who need it in Wales
- ❖ Difficulties exist for children and young people including waiting times, clinic-based services and the use of prescription medication;
- ❖ Mental Health Measure (Wales) 2010, due to its all ages focus, meant that the new system did not cater specifically for young people, whose needs and lifestyles are different from adults
- ❖ Psychological therapies are and always have been integral to provision of CAMHS with all practitioners, not just psychologists, drawing on psychological skills and understanding to manage children. Improving access to talking therapies as an alternative to medication is a key component of the additional CAMHS investment.
- ❖ Following approval of health board proposals £1.042m annual funding has been agreed

❖ Are mental disorders a social 'sickness' caused by the age we live in? Or a learned or acquired condition that results from social and personal pressure?

❖ Are mental disorders real? Or just another of our modern 'manufactured complaints' that help drug companies sell more pills?

❖ Do psycho active drugs prevent people overcome their own problems

Recommended Links

- A Review of Talking Therapies in Wales.
<http://gov.wales/topics/health/publications/health/reports/therapy/?lang=en>
- <http://gov.wales/docs/dhss/publications/120326psychologicalen.pdf>

Reading

- ◆ Bond, T. 2015. Standards and Ethics for Counselling in Action. 4th ed. London: Sage Chapter 4
- ◆ Charingbull N., 2010. 'What is Counselling and Psychotherapy?' Euster Learning Matters.
- ◆ Feltzham, C. and Horton, L. eds. 2012. *The Sage Handbook of Counselling and Psychotherapy*. 3rd ed. London: Sage.
- ◆ Gladby, J., 2012. *Understanding Health and Social Care*. 2nd ed. Bristol: Policy Press.
- ◆ Hartley, D., 2010. *Understanding Human Need (Understanding Welfare Series: Social Issues, Policy and Practice Series)*. Bristol: Polity Press.
- ◆ McLeod, J. 2013. *An Introduction to Counselling and Psychotherapy*. 9th ed. Buckingham: Open University Press.
- ◆ McLeod, J. and McLeod, J., 2011. *Counselling Skills a Practical Guide for Counsellors and Helping Professionals*. Maidenhead: McGrawHill/Open University Press.
- ◆ Morrison, V. and Bennett, P., 2012. *An Introduction to Health Psychology* 3rd ed. England: Pearson Education Limited.
- ◆ Wootle, R., Stravbridge, S., Douglas, R. and Dryden, W., 2010. *Handbook of Counselling Psychology* 3rd ed. London: Sage p63-175
- ◆ You will need to register online events:
◆ <http://www.onlinevents.co.uk/wp-login.php>
