

PSYCHOLOGICAL SERVICES

The State Hospital's Psychological Services Department offers psychological assessment, formulation and treatment of patients' mental health difficulties and psychological needs. The service provides assessment of violence risk to inform risk management. It adopts a trauma informed and holistic approach and contributes to developing a psychologically informed organisation and environment within the Hospital.

Psychological Services are delivered by Clinical (Forensic) Psychologists, Nurse Therapists, Assistant Psychologists and Trainee Psychologists. We have a Health Psychologist and Neuropsychologist. Every patient within the Hospital has a named Clinical Psychologist who is responsible for co-ordinating their psychological care and treatment. Each patient has a comprehensive psychological assessment and violence risk assessment completed at admission which contributes to the development of a psychological formulation which directs their ongoing care and treatment throughout their stay in the Hospital.

Psychological therapies and interventions are delivered on a 1:1 or group basis. These aim to support patients to develop an understanding of their mental health /psychological needs and risk, develop the skills to self-manage these, and work towards recovery and ultimately progression towards conditions of lesser security.

Some examples of structured interventions include low-intensity programmes such as Awareness & Recovery, Looking after Yourself, Knowing Me, and Making Healthy Changes. Higher and specialist structured interventions include Relating Well and Planning for the Future. There are specific interventions focusing on violence risk, including the Life Minus Violence programme. For interventions delivered on a 1:1 basis, these can be bespoke formulation driven and evidenced based interventions designed specifically to meet the particular patient's needs. The service offers a variety of therapy based on different therapeutic models, depending on the patient need. Staff are trained in various therapies including Cognitive Behaviour Therapy, Mentalisation Based Therapy, Cognitive Analytic Therapy, and Acceptance & Commitment Therapy.

The service is active in undertaking service audits, service evaluations, and research projects.

January 2026