

PSYCHOLOGICAL THERAPIES

The State Hospital aims to provide psychological assessment and therapy to help patients identify the causes of their mental health problems, assist in the management of mental health and behaviours, and address the potential risk of harm.

The psychology team of clinical psychologists and nurse therapists do this by making sure every patient has a clinical psychologist who will be responsible for the assessment and makes sure that any risks and needs are met during the patient's stay at the State Hospital. Psychological interventions are delivered according to patient needs which may be on an individual basis or within a group. The following interventions are available:

On the Road to Recovery modules

- Awareness and Recovery – psychoeducation.
- Looking after Yourself – basic symptom management.
- Knowing me – “how did I get here?”.
- Making Healthy Changes – addictions and substance misuse.

Self Awareness and Management

- Problem Solving – making better decisions.
- STEPPS (Systems Training for Emotional Predictability & Problem Solving)- managing emotions.
- Connections – Understanding relationships and relationship skills.

Complex Needs

- Violence interventions.
- Mentalisation Based Therapy.
- Harmful sexual behaviour interventions.
- Cognitive behaviour therapy for psychosis and common mental health problems.
- Neuropsychology assessment and intervention.
- Specialist 1:1 psychological therapy for complex problems.
- Trauma-focused interventions.

Physical Health Interventions

- Healthy Living Group – weight management.

Looking to the future

- Planning the Future – recovery and relapse prevention.

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