



## Individualised Treatment Pathway

At The Farndon Unit we aim to develop individual therapy programmes for each patient by offering a number of therapies as part of their treatment.

The Treatment Pathway at The Farndon Unit guides psychological assessment, treatment and evaluation provided by the Psychology Department in relation to an individual patient during their stay.

The Treatment Pathway:

- has been designed to ensure that patients receive a standardised, effective psychological assessment and intervention that addresses their specific needs during various phases of their stay
- will assist Psychology staff to devise, deliver and evaluate treatment in collaboration with patients, members of the clinical team
- reflects the overall philosophy and goals of The Farndon Unit
- reflects the overall philosophy and goals of the Psychology Department
- complies with the British Psychological Societies (BPS) Standards of assessment and intervention the BPS Code of Ethics, best practice in Forensic Psychological Services
- complies with the Healthcare Professions Council directives
- includes standards of practice that can be audited to evaluate the efficiency and effectiveness of the Psychological intervention received. Thus the Treatment Pathway acts as a tool of clinical governance
- will act as a process to ensure that Psychological interventions are being delivered with a clearly defined and unified high quality service for patients

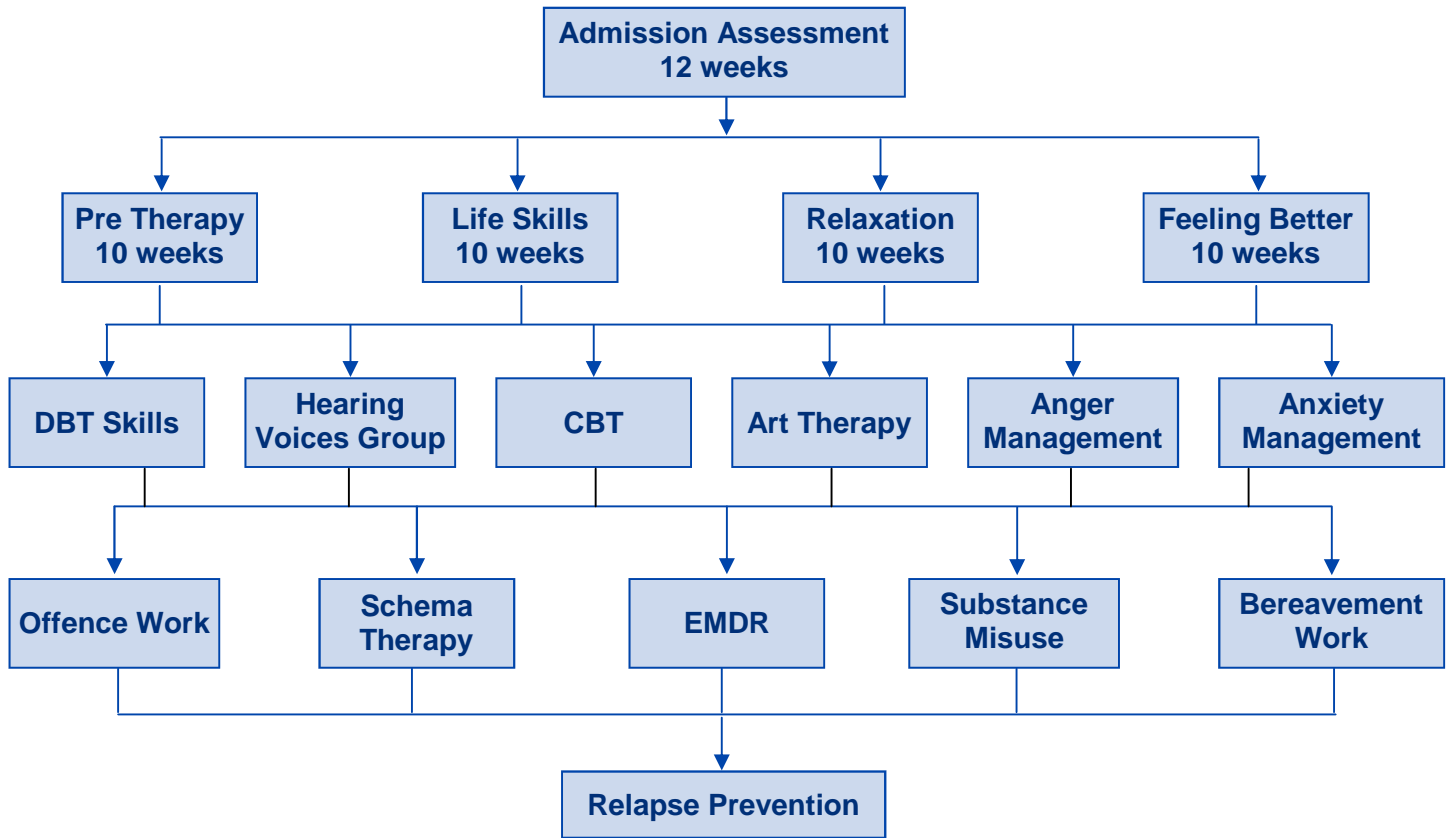
Treatment Pathway aims to:

- guide the provision of psychological therapy for patients whilst in contact with the Farndon Unit
- assist in the provision of an effective and efficient psychological therapy service
- assist in the maintenance of professional standards
- facilitate multidisciplinary working by being explicit about the purpose and process of psychological therapy
- assist in the retention of psychology staff

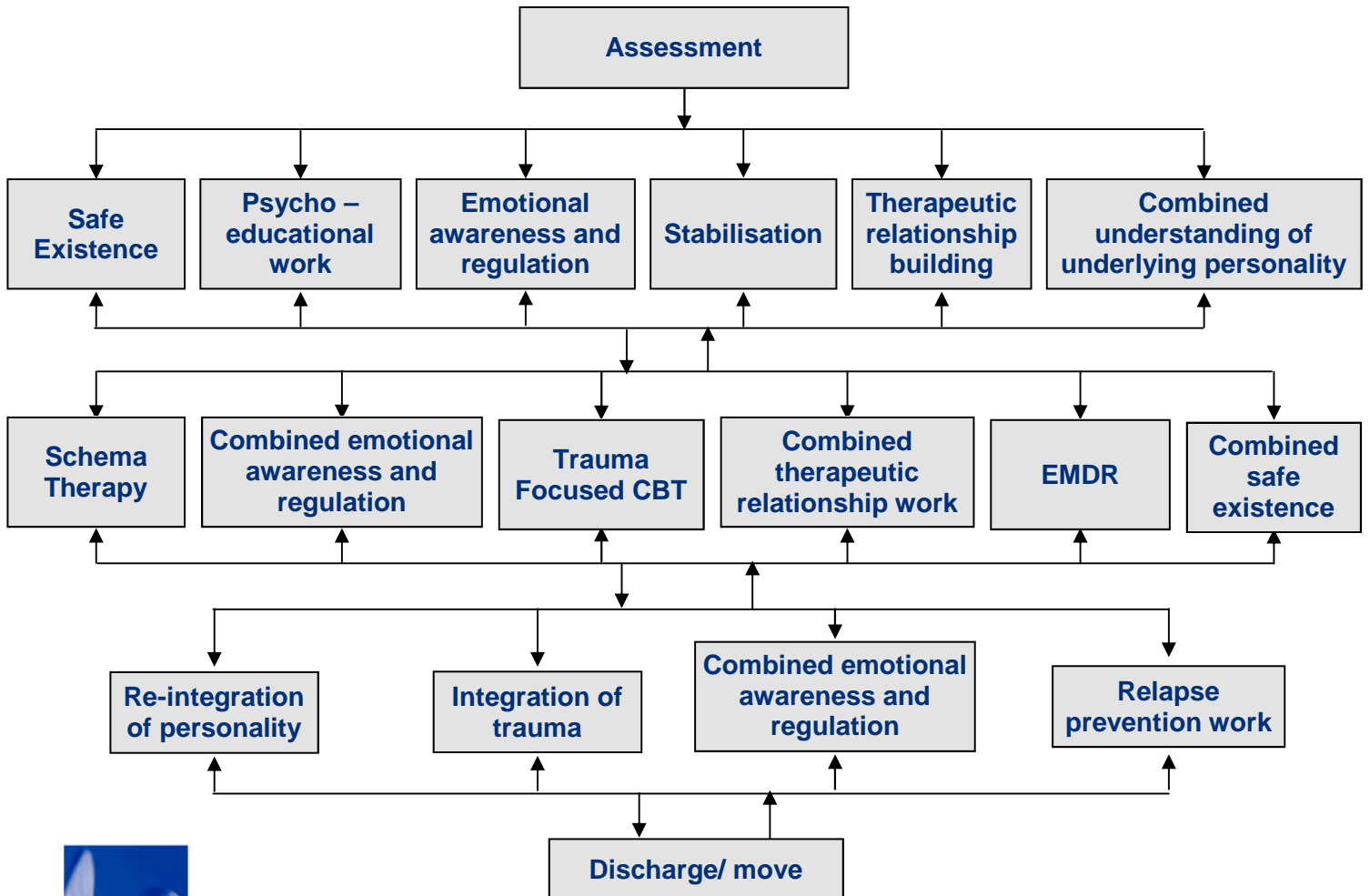
There are two treatment pathways available at The Farndon Unit

- i. standard
- ii. complex trauma, as the majority of our patients experience trauma and need a specific pathway

# Standard Treatment Pathway



# Treatment Pathway For Complex PTSD



# Psychology Treatment Pathway



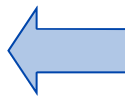
RISK TO SELF OR OTHERS



The Farndon Unit Pathway is based on a number of principles:

- Patients are individuals with unique and complex needs
- Patients should be “partners” in their treatment
- Treatments should be evidence - based
- Treatment falls into four stages: assessment; motivational treatments; personality disorder treatment, mental health; and offence related treatments.

- Comprehensive assessment looking at personality and risk
- Individual formulation of the patient’s difficulties
- Identifying treatment needs.



- Preparing patients for therapy
- Planning for difficulties that might lead to drop out
- Giving hope that change is possible.

- Treatment for difficulties arising from personality disorder
- Problems are long-term and come from childhood
- Can target emotions (eg mood swings), behaviour (eg self harm); social (eg trust issues); or thinking (eg paranoid thoughts).



- Exploring offending patterns
- Ways to change thoughts, feelings and reduce risk
- Victim empathy
- Relapse prevention
- Planning fulfilling, prosocial lifestyles for the future



## PRE THERAPY

This is an introduction to understanding group-work designed to allow those who have had not much experience of working in groups or who may have had negative experiences of groups in the past. This is a chance to experience a low level group, designed to promote a positive experience to encourage future engagement from a healthy experience. It is due to be facilitated with a combination of disciplines ranging from psychology, social work, occupational therapy, and members of their nursing team.

### Areas covered:

- Hopes and fears of group work
- Drop out prevention plan
- Normalizing change
- What is personality disorder?
- What is mental illness?
- Static and dynamic risk factors
- What are emotions?
- What are thoughts?
- What are behaviours?
- What is anger?
- What is violence?
- What is anxiety?
- Problem solving
- Relaxation

## SCHEMA THERAPY

Schemas develop in childhood and are made up of memories, feelings, thoughts and sensations and can lead people to behave in ways that cause problems

Schema Therapy is designed to help people who have personality difficulties to change the way they think, feel and behave. This is usually done on a one to one basis and works in two phases:

### i. Assessment and Education Phase:

- identify schemas and understand how they are developed from childhood
- learn how schemas work
- work through your life history and complete schema questionnaires.
- Keep a diary to see how your schemas affect the patient
- complete imagery exercises with therapists.
- patient will have a treatment plan to help change schemas

### ii. Change Phase:

- work with therapist to weaken the schemas.
- keep diaries or therapist may make flashcards with to help challenge schemas.
- use imagery exercises and role play to help express anger and sadness about experiences had or to help learn new skills to cope better.



## EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

EMDR is an innovative clinical treatment that has successfully helped people who have survived trauma, including sexual abuse, domestic violence, combat, crime, and



those suffering from a number of other complaints including depressions, addictions, phobias and a variety of self-esteem issues.

### Key Benefits of EMDR

- often resolves emotional disturbances and trauma where other therapies have failed
- effective for most anxiety based disorders
- client led therapy and s/he always remains within the control of the client. And therefore should not be confused with hypnotherapy.
- capable of rapid results

EMDR is particularly suitable for the treatment of the following conditions:

- Trauma (resulting from accidents, disasters and emotional distress)
- Bereavement
- Addiction and substance abuse
- Eating disorders
- Depression
- Phobias
- Abuse (verbal, physical and sexual)
- Self-esteem issues

# ART THERAPY

Art Therapy is the use of art materials for self-expression and reflection in the presence of a trained art therapist.

The aim of the art therapist is to enable a patient to effect change and growth on a personal level through the use of art materials in a safe facilitating environment.

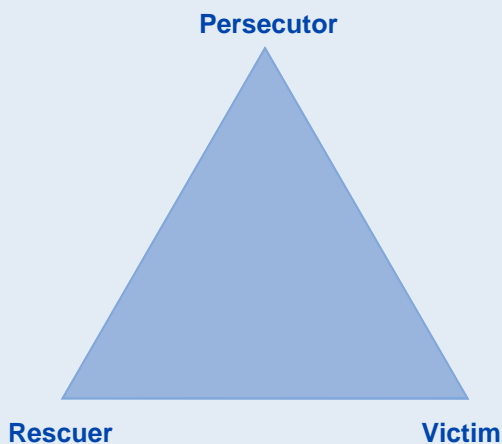
The relationship between the therapist and the patient is of central importance, but art therapy differs from other psychological therapies in that it is a three way process between the patient, the therapist and the image or model, therefore offers the opportunity for expression and communication and can be particularly helpful to people who find it hard to express their thoughts and feelings verbally.

A person centred approach is used which focuses on the belief that every individual has the internal resources for growth, that human nature is essentially constructive and social, and that self-regard is a basic human need.



## KARPMAN TRIANGLE

This is an intervention which is delivered on an individual basis, it allows individuals to look at the roles they play for themselves and the roles they play with other people, this can be particularly useful when looking at difficult situations.



The Karpman triangle allows an individual to look at where they see themselves and where h/she see other people they may have exchanges with.

There are three corners which are equally destructive once we are in them or once we have placed somebody within them.

- i. Persecutor - go ourselves to attack others or where we put people if we feel attacked.
- ii. Rescuer role - look to save and protect ourselves or hope to get somebody else to do that for us.
- iii. Victim - allow things to happen to us or where we place people when we want to rescue them or attack them.

The ideal state be in is in the middle of the triangle, not adopting any of the extreme positions which would allow us to see things clearly and for dialogue to be open and honest with others.

Using this model allows individuals to find how they interact with themselves and others and are then able to evaluate the outcome of staying in that role.

## FEELING BETTER GROUP

This is a small group that aims to introduce people to the practice of mindfulness and acceptance. These are skills that seem to help people deal with their emotions more effectively.



The group is suitable for people who have done similar work, such as DBT, and those who have never tried anything like this before.

This programme will cover the following areas:

- describing emotions
- how we respond to emotions
- understanding the effects of avoiding emotions
- exploring what we mean by acceptance
- look at what happens when we “buy in” to thoughts and feelings
- planning to behave in ways that work for you.

All groups start and end with a mindfulness exercise.



## COGNITIVE BEHAVIOUR THERAPY (CBT)

CBT is a type of talking therapy, it aims to reduce distress helping to develop skills in thinking about situations differently and learning new ways of dealing with problems.

Once a patient is referred the clinical team will discuss and identify what areas of difficulties will be addressed by CBT and agree goals for treatment.

Treatment involves sessions with a therapist and activities to do between sessions.

## Dialectical Behaviour Therapy (DBT)

A skills based group with the aim of assisting patients in developing emotion recognition and regulation which are two key concepts in Dialectical Behavior Therapy, a treatment originally devised for borderline personality disorder.

By supporting individuals in recognising and regulating their own emotions it is thought they will develop more control over self destructive behaviours such as aggression and self harm.

Sessions look at the following areas:

- recognising and highlighting one's own emotions
- learning to identify emotions as they are experienced; applying the mindfulness skills of observing and describing the emotions.
- learning to identify what gets in the way of reducing intense negative emotions by analyzing the functions of emotions and behaviour
- learning to increase positive emotions and thus to reduce negative emotional sensitivity.

## Hearing Voices Group

The focus of the group is to assist group members in developing an understanding of the origin, content, meaning, and appropriate ways of coping with their voices. By focusing on the experience and not the pathology, and enabling constructive sharing of experiences seems to be a critical component of successful intervention.



Facilitated by a psychologist with some psycho educational elements at the start, the main aim of the group is to offer a client-centered safe and structured environment in which individuals can examine any issues related to their past or present voice hearing experiences.

Aims of Hearing Voices Groups:

- de-mystifying the voices
- build up a relationship and acknowledge the voices as part of everyday life
- identifying appropriate processes of learning to cope with voices
- improve mastery over voices
- offer a supportive and non critical environment in which people can share and reflect on either their current or previous voice hearing experiences

## LIFE SKILLS

This group aims to give patient the skills to help solve problems and achieve goals in a socially acceptable way and is extremely beneficial for anybody who has difficulties in flexible thinking, self-control, problem solving, social perspective taking and critical reasoning.

It provides a non-threatening environment, which is supportive and allows the patient to experience groups in a positive way. This in turn, enables them to progress to other group based treatments.



For more information about Therapy Services at The Farndon Unit contact Phil Coombes on 0845 017 6520

[www.raphaelhealthcare.org.uk](http://www.raphaelhealthcare.org.uk)