

## How do I access PTT?

PTT is part of the secondary care adult mental health service

Referrals are received from your General Practitioner (GP), another practitioner from within the service, or your keyworker.

Referrals are presented at the weekly secondary care mental health intake meeting.

Once a referral has been accepted, the PTT will arrange an assessment appointment for you. Two team members will meet with you to gain an understanding of your difficulties, and identify how PTT may be able to assist you.

If it is felt that psychotherapy will be helpful a suitable therapist will be identified to work with you. They will then contact you to arrange your first appointment.

If therapy is not considered to be appropriate, somebody will discuss this further with you, and where relevant, guide you to other sources of support.

A written summary of the assessment will also be given to the referrer, other practitioners involved in your care, and yourself.

### Contact Us

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# Psychological Therapies Team (PTT)



States of Guernsey  
Specialist Mental  
Health Services

## Who is PTT?

The Psychological Therapies Team (PTT) includes psychologists and psychotherapists who are skilled in working with people presenting with complex and enduring severe mental health concerns.

Our practitioners specialise in various therapeutic approaches such as

- Cognitive Analytic Therapy (CAT),
- Cognitive Behavioural Psychotherapy (CBT),
- Dialectical Behaviour Therapy (DBT),
- Eye Movement Desensitisation and Reprocessing (EMDR),
- Family and Systemic Therapy,
- Schema Therapy.

## What does PTT do?

We specialise in delivering a variety of talking based therapies to individuals, families or groups who have mental health problems.

Therapies are implemented in different ways and with different people, including on an individual, couple, family or group basis. We will help you to understand your difficulties and identify possible solutions using approaches which may include:

- Helping you to make links between life experiences and current problems

- Talking and developing a better understanding about possible causes of difficulties
- Discussing your thoughts, feelings and behaviour and the ways that they influence each other
- Helping you to draw on your own strengths and resources to find your own solutions to difficulties
- Helping you to change how you respond in difficult situations
- Helping you to build and benefit from positive relationships
- Offering you specific information (e.g., books, websites) and directing you to appropriate resources that can assist in helping you to feel better.

Risk is reviewed regularly throughout therapy. All clients are given advice (in writing at the start of therapy) if they present with urgent mental health needs.

If there are safeguarding concerns regarding someone who is engaging with the team or someone else in the system around that person, practitioners are obliged to make a referral to a service who may be able to best support them. This may include contacting the police if there is immediate risk to life or it may involve making a referral to the Safeguarding team.

Information about Adult Safeguarding can be found here:



Information about Child and Young Person Safeguarding can be found here:



## Who does PTT assist?

The team has specific criteria to ensure that the service is offered to people who will benefit from it services the most.

These criteria include evidence of severe and enduring mental health problems, or moderate to severe current mental health disorder, with associated levels of risk and complexity.

## When is PTT unable to assist?

PTT cannot offer psychological therapy when there is evidence that a person is:

- currently engaging in high-risk behaviours likely to interfere with psychotherapy,
- instances of current substance misuse that may interfere with psychotherapy, or
- if there is a history of previous engagement with psychological treatment resulting in minimal therapeutic change.