



Nottingham and Nottinghamshire Talking Therapies

Preparing for Therapy Sessions



Welcome to the Nottinghamshire Talking Therapy service. Here is some information to let you know what is expected of you, and what you can expect of us during your treatment. We also include some tips on how to make the most of your therapy.

How your therapy will be delivered

Your talking therapy is time-limited, meaning that it is important to make the most of each session right up to the final session'. All talking therapies are delivered as a course of treatment, usually weekly, either by telephone, video, or online. It is important that you complete the full course of treatment, and try to let your therapist know if you cannot attend any sessions. To check how you are finding therapy, you will have regular review sessions with your therapist; this is where you will both talk about how therapy is going and agree next steps, such as adjusting your treatment plan, preparing for discharge, or simply continuing with therapy.

How to prepare for your therapy sessions

Your therapy session is an important health-related appointment, and it is vital that you are thoroughly prepared to get the most out of every session. You are expected to come into your therapy session alone, unless you've previously agreed that you can bring someone with you as part of your treatment.

Your therapist will not proceed with the session under the following circumstances:

- You are not adequately dressed and ready for the session, for example if you are in bed, driving or shopping at the time of the appointment.
- You are not in a private/confidential room, for example the therapist can hear other people in the background
- If you are under the influence of drugs and/or alcohol

What is expected of you, and how to get the most out of therapy

- Complete the questionnaires in advance of each session, this gives your therapist really useful information on how treatment is progressing and allows them to make changes to your treatment if needed.
- Complete any in-between session tasks agreed with your therapist. This is important and a way to practice the techniques and strategies in your everyday life. We find that when people do not try the between-session tasks, they find it much harder to reach their therapy goals.
- Consider writing down some of the important things you talked about in the sessions, and any important thoughts you had in-between the sessions. This can serve as a useful reference guide once you have finished therapy
- Try to attend all your appointments, and try to be on time – the more sessions you attend, the better chance you have of reaching your goals.
- Keep your therapist updated as to any changes to your health and/or your social situation, such as changing your GP, home address, or your involvement with other services

What you can expect from the Nottinghamshire Talking Therapies service and your therapist

In therapy, you and your therapist will work together as a team. Here's what you can expect from our service and your therapist:

- ✓ To not feel judged and be always treated with dignity and respect
- ✓ For your sessions to happen on time
- ✓ For the service to contact you if your session needs to be cancelled, i.e., due to your therapist being off sick
- ✓ We will encourage you to tell us your opinion about the quality of the service you have received.
- ✓ To be given regular and supportive feedback on the progress you are making in therapy
- ✓ To work in collaboration with you to help improve your mental wellbeing
- ✓ To refer or signpost you to more appropriate services when required

Confidentiality

All information is strictly confidential, and is only shared with your consent. The only exceptions to this are if your therapist has concerns around your safety, and/or the safety of others. In these circumstances, we have an ethical and legal obligation to share any relevant information to keep you or other people safe.

We always try to keep your GP informed about your progress throughout treatment. If you have a reason not to share certain information with your GP, please discuss this with your therapist at the start of treatment.

In an emergency

If your mood worsens during treatment and you feel you need urgent help and advice between your sessions please contact one of the following.

- Your GP in surgery hours
- GP 'out of hours' service (GP OOH) provides urgent medical care and advice whenever your own GP surgery is closed. Urgent means 'care that cannot safely wait until your GP surgery is next open'.
- You can receive advice from ringing 111 who can put you through to an out of hours Doctor or help if necessary.
- Samaritans: Telephone support, Tel. 116 123 'Talk to us any time you like, in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal'. Open 24 hours, 7 days a week, Website: www.samaritans.org
- Mental Health Crisis phoneline (open 24 hours, 7 days a week) : 0808 800 3302
- In an extreme emergency call 999 for an ambulance or go to the nearest Emergency Department.