

Mood Disorders Centre AcCEPT Primary Care Psychological Therapies Service

Accessing Evidence-based Psychological Therapies: See www.centres.ex.ac.uk/mood/clinic

ACCEPT offers evidence-based and developing therapies to people experiencing **severe and/or recurrent depression as their primary presentation**. Please note that although we accept referrals for patients with **co-morbid difficulties/ disorders (excluding those noted in the exclusion criteria)**, depression must be the **most prominent/ primary presentation**. All referrals will be assessed within **6 weeks** of referral although individual treatment waiting times could be up to 12 weeks post assessment.

A decision of which would be the most appropriate treatment intervention will be made in discussion with the person at the end of the assessment.

As we are a research-based clinic, the exact content of our therapies may change over time, however broadly speaking we offer:

For current depression

- **Behavioural-activation Group.** This is a 10 week group which aims to increase awareness of the relationship between behaviour and low mood, helping people to engage in helpful behaviours and coping strategies.
- **Behavioural Couples' Therapy.** This is therapy for a couple in which one person is currently depressed and relationship distress or conflict is a significant maintaining factor in that depression.
- **Perinatal Therapy.** This is individual and group cognitive-behavioural therapy and interpersonal therapy for women who are pregnant or have given birth in the last year.

For recurrent or residual depression

- **Mindfulness-based Cognitive Therapy Group.** This is an 8 week course combining CBT and mindfulness practices to encourage people to relate differently to thoughts. Suitable patients have experienced three or more episodes of depression in the past.
- **Rumination-focused Cognitive Behavioural Therapy Group.** This is a 6 week course with a particular focus on ruminative thinking (i.e. repetitive thinking where people go over and over things in their mind) which is found to be significant in the maintenance and relapse of depression.

For stress associated with other conditions

- **Mindfulness-based Stress Reduction.** This is an 8 week course combining mindfulness practices with other exercises to help people to deal with distress associated with chronic pain or anxiety/mental health problems associated with physical health conditions. Other suitable patients are those coping with stress who have experienced two or less episodes of depression in the past.

Name		Referrer
Male / Female	DoB	Date of referral
Address		GP
		GP Practice Name and address
Tel No:		
Mobile no:		
NB Exclusion criteria: Current substance dependence; Bipolar Disorder; Current psychosis; organic brain damage; behaviour posing risk to self, staff or other patients which cannot be managed within the clinic setting; currently involved in psychotherapy or counselling; Significant longstanding interpersonal difficulties (personality disorder) that require specialist and longer-term psychological treatment.		

Please return form to:

Intake Coordinator ACCEPT Primary Care Psychological Treatment Service Mood Disorders Centre
School of Psychology University of Exeter Perry Road Exeter Devon EX4 4QG
Telephone; 01392 723493 email: mdc-accept@exeter.ac.uk www.centres.ex.ac.uk/mood

Please provide as much information as possible including presenting problems, relevant psychological history, current situation and clinical measures. **If preferred attach referral letter.**

Previously referred to AccEPT **Yes** **No**

PHQ9 Score

GAD7 Score

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