

Mood Disorders Centre AcCePT Primary Care Psychological Therapies Service

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

All referrals will be assessed within **6 weeks** of referral although individual treatment waiting times could be up to 12 weeks post assessment. The service offers two Mindfulness-based interventions for patients aged 18 years plus who are motivated and able to engage in Mindfulness-based Cognitive Therapy/Mindfulness-based Stress Reduction.

- **Mindfulness-based Cognitive Therapy Group.** This is an 8 week course combining CBT and mindfulness practices to encourage people to relate differently to thoughts.

Inclusion criteria

People with >3 episodes of depression
Residual symptoms or in recovery

- **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 and anxiety/mental health problems associated with physical health conditions.

Inclusion Criteria

Any of the following:

Anxiety or mental health problems as a result of physical health problems

Distress as a result of chronic pain

People with <3 episodes of depression who are currently well, wishing to learn techniques for coping with stress

Name		Referrer
Male / Female	DoB	Date of referral
Address		GP
		GP Practice Name and address
Tel No:		
Mobile no:		
<p>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.</p>		

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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