



**Mood Disorders Centre AccEPT Primary Care Psychological Therapies Service**

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

The AccEPT Clinic is part of Psychology in the College of Life and Environmental Science. It provides evidence based psychological therapies as part of the Mood Disorders Centre's mission to *develop, test and make accessible* effective treatments for depression and other mood disorders.

**A decision of which would be the most appropriate treatment intervention is made upon receiving the referral.** All referrals will be assessed or referred on as appropriate within **6 weeks** of referral

As we are a research-based clinic, the exact content of our therapies may change over time, we will keep you informed and update this referral from found on the website accordingly.

**At present the therapies we are offering are:**

For recurrent or residual depression

**Mindfulness-based Cognitive Therapy Group** (MBCT) an 8 week course combining CBT and mindfulness practices to for people who have a history of recurrent depression but are currently well and wanting to find ways of preventing relapse and relating differently to thoughts.

 **Inclusion criteria**

People with several episodes of depression

Not currently depressed (possible residual symptoms)

18 years plus

Motivated and able to engage in MBCT (attendance at the 8 week course, daily mindfulness practices with the use of a CD each day)

Further information can be found at: <http://www.exeter.ac.uk/mooddisorders/acceptclinic/> see Q & A leaflets

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|  **Name:** | **Referrer name:****Health Visitor? please tick:** |
| **DoB:** | **Referrer service/location:** |
| **Male / Female** | **Referrer contact number:** |
| **Address:****Tel No:** **Mobile no:****Email:** | **GP:****GP Practice Name:** **Address:****Phone number:****Fax number:**  **P.T.O.** |
| **Date of referral:** |
| **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.*  |
| Does the patient have a history of harm to self or others? Yes / NoIf yes, please give details: |
| **Please provide as much information as possible including presenting problems:**(Please attach any recent reports, assessments relevant information)**Current mood**:**Relevant psychological history:****Current situation**: **Clinical measures**Previously referred to AccEPT  ***Yes*** ***No PHQ9 Score GAD7 Score*** |