



**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.

All referrals will be assessed or referred on as appropriate within **6 weeks** of referral

**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, we will keep you informed and update this referral from found on the website accordingly. At present we offer:

For current 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** (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 in barnsatple, daily mindfulness practices with the use of a CD each day)

**Mindfulness-based Cognitive Therapy Group (MBCT) for individuals with Vascular Disease and associated low mood (2 groups, May and July 2013)**

**Inclusion criteria**

People with vascular disease\* or at high risk of developing it, and low mood or spells of depression

Not currently depressed (possible residual symptoms)

18 years plus

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

*\*Includes conditions such as; coronary heart disease (angina, myocardial infarction and stroke), peripheral vascular disease, diabetes, hypertension and hypercholesterolemia. Or those who have experienced a cardiac condition or event, heart attack, by-pass surgery, angina, angioplasty or stents.*

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:** | GP:  GP Practice Name:  Address:  Phone number:  Fax number: |
| 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 / No  If yes, please give details: | |
| Please provide as much information as possible including presenting problems, current mood, relevant psychological history, current situation and clinical measures. **Please attach any recent reports, assessments relevant information.**  Previously referred to AccEPT  ***Yes*** ***No PHQ9 Score GAD7 Score*** | |