



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

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

In North Devon we are able to offer:

**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)

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

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| Name: | Referrer name: |
| 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*** | |