

How will I know when it is time to finish?

Some focused psychodynamic therapies begin with their length already agreed at assessment or between the therapist and the person receiving the therapy. Others are more open ended. This ending is regarded as a particularly important part of the therapy and is discussed and planned ahead with the therapist. Often there is shared agreement that therapy is coming to an end. Sometimes there are differing views, which will then be discussed. Progress in therapy will be reviewed as needed. A sudden ending will not be imposed by a therapist, other than for unavoidable reasons such as illness.

What else is expected of me?

If you are unable to attend a particular session at short notice you are asked to let the therapist know. Similarly, you are asked to be as clear as possible about any weeks when you plan to be away. The therapist will also look to provide good notice of his/her absence. If your personal details change (for example you may move house or change your GP) it is important to let your therapist know.

Reference: 274/09/17

Contact details

For all other enquiries, contact your local Recovery and Independent Living team:

- **Exeter**
01392 208900
- **Honiton**
01404 540100
- **Exmouth**
01395 280300
- **Tiverton**
01884 235710
- **Crediton/Okehampton**
01363 778600

Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team
Devon Partnership NHS Trust
Wonford House, Dryden Road
Exeter EX2 5AF

Freephone: 0800 0730741
Email: dpn-tr.pals@nhs.net

You will also find useful information about our services and issues related to mental health and wellbeing on our website.

www.dpt.nhs.uk



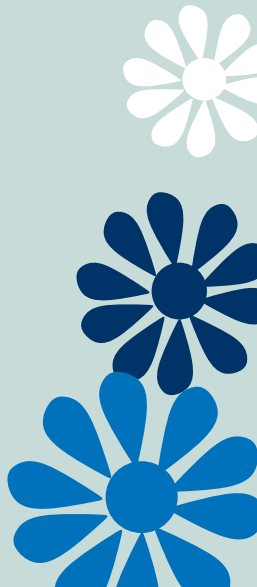
NHS

Devon Partnership
NHS Trust

Individual psychodynamic psychotherapy

A guide for those considering participating in one of these groups

www.dpt.nhs.uk



What is individual psychodynamic psychotherapy?

Individual psychodynamic psychotherapy is a type of psychotherapy in which you talk with another person. The therapy offers you the chance to meet weekly, at the same time, with the same person for a set period of time, to talk about and reflect on the emotional and relationship difficulties you experience. These difficulties will be thought about as they relate to your present circumstances. However, in therapy, they are also thought about in relation to your whole life experience, including your childhood.

What does it involve?

Your referral will be considered and if appropriate an assessment appointment will be arranged. Waiting times can vary and can be quite long so we are unable to confirm how long you might have to wait. While we can look to accommodate particular needs around times and location, some choices may not be possible because we have limited resources.

What happens in an assessment appointment?

The assessment appointment is not the start of therapy but a chance to explore whether this form of therapy might be suitable for you. You will be invited to talk about your difficulties, your family and your experience. You may have questions to ask too. If therapy is indicated then there will be a wait for sessions to start.

What is talked about each week?

Generally you will be given the opportunity to choose your starting point and will be invited to talk about what is currently on your mind. Sessions will have an open agenda and be relatively unstructured so as to allow you and your issues to be the focus. To enable this to happen the therapist will generally not be directive. Therapy will provide a space for you to be as open and direct as you can.

What is talked about each week?

The therapist will listen attentively and help you to explore and reflect on events and relationships in your life. This will include thinking about the past and its relationship to the present. Aspects of your difficulties will also be experienced within the relationship to the therapist where they can then be thought about together.

Is everything I say confidential?

What we talk about in therapy is held in confidence within the mental health service, and any records, written or otherwise, are kept safe in the same way as other health service records. In specific circumstances we may need to talk to other health professionals if your wellbeing or that of other people is cause for concern. There will be an opportunity to discuss these issues further with your therapist.

What if I find it difficult?

The experience of therapy will feel very difficult at times. You will be talking about issues, experiences and feelings that trouble you and this will not be easy. You can talk to your therapist about how difficult your experience is and this can, in itself, be helpful.

Useful websites

www.psychotherapy.org.uk

for information about psychotherapy and UK psychotherapists

www.pschoanalytic-council.org

for information about psychodynamic psychotherapies