

Focus of intervention

Nature of intervention

Step 3

Persistent subthreshold depressive symptoms or mild to moderate depression that has not responded to a low intensity intervention; initial presentation of moderate or severe depression; generalised anxiety disorder with marked functional impairment or that has not responded to a low intensity intervention; moderate to severe panic disorder; obsessive-compulsive disorder with moderate or severe functional impairment; post-traumatic stress disorder

Depression - Cognitive behavioural therapy, interpersonal therapy, behavioural activation, behavioural couples therapy, counselling,* short term psychodynamic psychotherapy,* antidepressants, combined interventions, collaborative care,† self help groups
Generalised anxiety disorder - Cognitive behavioural therapy, applied relaxation, drug treatment, combined interventions, self help groups
Panic disorder - Cognitive behavioural therapy, antidepressants, self help groups
Obsessive-compulsive disorder - Cognitive behavioural therapy (including exposure and response prevention), antidepressants, combined interventions and case management, self help groups
Post-traumatic stress disorder - Trauma focused cognitive behavioural therapy, eye movement desensitisation and reprocessing, drug treatment
All disorders - Support groups, educational and employment support services; befriending, rehabilitation programmes; referral for further assessment and interventions

Step 2

Persistent subthreshold depressive symptoms or mild to moderate depression; generalised anxiety disorder; mild to moderate panic disorder; mild to moderate obsessive-compulsive disorder; post-traumatic stress disorder (including mild to moderate)

Depression - Individual facilitated self help, computerised cognitive behavioural therapy, structured physical activity, group based peer support (self help) programmes,† non-directive counselling delivered at home,‡ antidepressants, self help groups
Generalised anxiety disorder and panic disorder - Individual non-facilitated and facilitated self help, psychoeducational groups, self help groups
Obsessive-compulsive disorder - Individual or group cognitive behavioural therapy (including exposure and response prevention), self help groups
Post-traumatic stress disorder - Trauma focused cognitive behavioural therapy or eye movement desensitisation and reprocessing
All disorders - Support groups, educational and employment support services; referral for further assessment and interventions

Step 1

All disorders—known and suspected presentations of common mental health disorders

All disorders - Identification, assessment, psychoeducation, active monitoring; referral for further assessment and interventions

* Discuss with the person the uncertainty of the effectiveness of counselling and psychodynamic psychotherapy in treating depression

† For people with depression and a chronic physical health problem

‡ For women during pregnancy or postnatally

Nice Guidelines Common Mental Health Disorders

R. Kathryn McHugh, David H. Barlow



Nice Guidelines Common Mental Health Disorders:

Common Mental Health Disorders National Collaborating Centre for Mental Health (Great Britain), 2011 Bringing together treatment and referral advice from existing guidelines this text aims to improve access to services and recognition of common mental health disorders in adults and provide advice on the principles that need to be adopted to develop appropriate referral and local care pathways

Handbook of Evidence-Based Practice in Clinical Psychology, Child and Adolescent Disorders Michel Hersen, Peter Sturmey, 2012-08-02 Handbook of Evidence Based Practice in Clinical Psychology Volume 1 covers the evidence based practices now identified for treating children and adolescents with a wide range of DSM disorders Topics include fundamental issues developmental disorders behavior and habit disorders anxiety and mood disorders and eating disorders Each chapter provides a comprehensive review of the evidence based practice literature for each disorder and then covers several different treatment types for clinical implementation Edited by the renowned Peter Sturmey and Michel Hersen and featuring contributions from experts in the field this reference is ideal for academics researchers and libraries

Child Psychology Helen Pote, Anna Picciotto, Clare Norris, 2024-08-19 An inclusive guide to developing confidence and competence in daily practice Attending to the psychological needs of children in distress is an enormously challenging and rewarding endeavour Successful clinical child psychologists are both practitioners and scientists integrating the application of existing theory current knowledge and evidence based research into their practice In Child Psychology Pathways to Good Practice a highly experienced team of clinicians and researchers provides effective treatment practices and toolkits to assist in custom tailoring therapies for young patients Concise chapters address a broad range of conditions from behavioural and emotional difficulties to issues related to neurodivergence and intellectual disabilities Drawing upon the most recent evidence and therapeutic models this authoritative guide offers practical hands on discussion of all aspects of the child psychological practice including assessment and formulation legal and professional issues service delivery collaboration digital mental health trauma informed practice working in schools and social care and more Edited by leaders in the field Child Psychology Pathways to Good Practice is a must have for any clinical practitioner specialising in child or adolescent psychology It is also a valuable resource for advanced students trainees and researchers with an interest in the clinical aspects of children's mental health

ABC of Mental Health Teifion Davies, Tom Craig, 2009-07-06 Mental health services have changed completely in the UK and the new edition of ABC of Mental Health has been thoroughly updated and revised to reflect this Providing clear practical advice on how to recognise diagnose and manage mental disorders successfully and safely with sections on selecting drugs and psychological treatments and improving compliance ABC of Mental Health also contains information on the major categories of mental health disorders the mental health needs of vulnerable groups such as the elderly children homeless and ethnic minorities and the psychological treatments Fully up to date with recent mental health legislation this new edition is as comprehensive as it is invaluable By covering the mental

health needs of special groups this ABC equips GPs hospital doctors nurses counsellors and social workers with all the information they need for the day to day management of patients with mental health problems *Revision Guide for MRCPsych Paper B* Arun Bhaskaran,Elijah Casper-Blake,Richard William Kerslake,2023-11-28 Follows the Royal College of Psychiatrists updated 2021 exam syllabus Written by authors who have first hand experience of sitting the Paper B exam Readable with information presented in a concise and understandable format **Primary Care Mental Health** Linda Gask,Tony Kendrick,Robert Peveler,Carolyn A. Chew-Graham,2018-09-20 A comprehensive guide to this emerging field fully updated to cover clinical policy and practical issues with a user centred approach *An Introduction to Mental Health in Paramedic Science* Joanne Augustus,Yuet Wah Patrick,Paula Gardner,2022-01-25 A must read for all paramedics and pre hospital clinicians Gemma Howlett Principal Lecturer in Paramedic Apprenticeships University of Cumbria UK A unique and valuable book to enable paramedics to undertake the daily challenges of providing care and support for patients and service users experiencing mental health difficulties Clare Keenan Lecturer in Paramedic Science BSc Hons University of Plymouth UK This is an essential book written by credible and knowledgeable authors Chris Matthews Senior Lecturer in Paramedic Science University of Brighton UK and Critical Care Paramedic Team Leader South East Coast Ambulance Service An Introduction to Mental Health for Paramedic Science explores how mental health problems impact on the individual in the context of emergency medicine covering the critical areas that students and practitioners need to know such as The key characteristics of mental health problems How mental health problems relate to the assessment performed in the community Referral pathways Treatment following referral Taking key concepts of mental health including person centred care as the framework Mental Health for Paramedic Science includes guidance on Multidisciplinary working Principles and practical applications of legislation Evidence based bio medical approaches Trauma informed care Written by experienced paramedic educators this new book is the go to guide for students and practicing paramedics wanting to explore mental health treatments as encountered in paramedic settings Joanne Augustus is the course leader and a senior lecturer for the Foundation Degree in Mental Health at the University of Worcester UK Yuet Wah Patrick is a senior lecturer in paramedic science at the University of Gloucester UK Paula Gardner is a senior lecturer in paramedic science at the University of Worcester UK **Antisocial Behaviour and Conduct Disorders in Children and Young People** National Collaborating Centre for Mental Health (Great Britain),2013 Antisocial behaviour and conduct disorders are the most common reason for referral to child and adolescent mental health services and have a significant impact on the quality of life of children and young people and their parents and carers Rates of other mental health problems including antisocial personality disorder are considerably increased for adults who had a conduct disorder in childhood This new NICE guideline seeks to address these problems by offering advice on prevention strategies and a range of psychosocial interventions It reviews the evidence across the care pathway encompassing access to and delivery of services experience of care selective prevention

interventions case identification and assessment psychological and psychosocial indicated prevention and treatment interventions and pharmacological and physical interventions Readership Intended for healthcare professionals in CAMHS but this will also be useful to professionals in primary care as there is much emphasis on recognition Pathophysiology and Pharmacology in Nursing Sarah Ashelford, Justine Raynsford, Vanessa Taylor, 2019-05-25 Pathophysiology and Pharmacology in Nursing has been carefully designed to provide an integrated introduction to both the biology of disease and the therapeutic agents that are used to manage them It covers the basics of pharmacology the core pathological concepts of inflammation infection and cancer as well as a systems based consideration of the pathophysiology and relevant pharmacology of common disorders New to the second edition All content updated and mapped to the 2018 NMC standards Two new chapters on Mental health conditions and Renal conditions The ideal starting point for student nurses to develop a robust integrated knowledge of human disease and pharmacology enabling them to provide care that is based on up to date knowledge of this important subject A Practical Guide to Congenital Developmental Disorders and Learning Difficulties Judith P. Hudson, 2014-04-24 To give children with congenital developmental conditions that manifest special learning needs and specific disabilities their best chance to succeed early identification and appropriate interventions and support is necessary This text highlights what to look for when there are concerns about a child s development Practical and accessible it is divided into three sections Part 1 looks at the theory and policy context discussing the social model of disability the responsibility of health social care and education services to the child and family and the role of reviews and assessment in recognising developmental disorders Part 2 provides a reference guide to atypical developmental conditions and disorders For each condition aetiology prominent theories and research profile of features including triggers and behaviours diagnostic assessment procedures and appropriate interventions are given and links made to sources of further information and support Part 3 explores practical issues how to work sensitively and effectively with children and their families looking at the psychological implications of diagnosis and how to plan promote deliver and evaluate multi agency support Designed to support professionals working within a multi modal collaborative approach to assessment and intervention processes it is suitable for health visitors allied health therapists nurses teachers and social care practitioners It is also a useful reference for students in these areas learning about child development and includes critical reading exercises online searching tasks self assessment questions reflective activities and document analysis prompts **A Pragmatic Guide to Low Intensity Psychological Therapy** Elizabeth Ruth, James Spiers, 2023-05-17 With the rapidly growing demand for mental health care there is a need for efficient and effective psychological treatment options Low Intensity Psychological Therapy has become well established in the England Improving Access to Psychological Therapies IAPT programme as a beneficial and versatile treatment option for mild moderate symptoms of depression and anxiety A Pragmatic Guide to Low Intensity Psychological Therapy Care in High Volume provides a guide to Low Intensity Psychological Therapy from the perspective of the Low

Intensity Practitioner This book describes the Low Intensity role as part of a multi disciplinary approach to psychological care The authors use a series of case vignettes personal experience and current literature to help navigate the context of the role and its potential for ethical and safe expansion Offers a practitioner perspective on the efficacy research of Low Intensity psychological interventions in adult populations with a focus on working with diversity Aims to support Low Intensity Practitioners in developing competency within the role with a focus on reflective practice supervision and personal wellbeing Includes case vignettes and examples to explore the real world implementation of Low Intensity interventions in group and individual settings including the management of long term physical health conditions Explores the benefits and pitfalls of the current role of the Low Intensity psychological practitioner within the IAPT programme Discusses the expansion of the Low Intensity psychological practice to international regions Biopsychosocial Factors in Obstetrics and Gynaecology Leroy C. Edozien,P. M. Shaughn O'Brien,2017-08-24 This text covers the wide spectrum of biopsychosocial factors integral to all aspects of obstetrics gynaecology and women s health **Primary Care for Paramedics** Georgette Eaton,Alyesha Proctor,Joseph St Leger-Francis,2023-06-28 As the demand for primary healthcare in the UK increases a growing number of paramedics are taking on roles within general practice Moving into a new area of practice can be daunting but with this manual at your side you will have the knowledge and confidence to approach any patient consultation in primary care Written and edited by over 20 clinicians within paramedicine and primary care this essential reference text sets out the core clinical skills expected for paramedics in primary care Alongside a comprehensive range of topics related to primary care including assessment diagnosis investigations and management of a number of different presentations it also covers aspects of consultation techniques decision making and professional issues Clinical chapters are concluded with case studies to help put theory into the context of the primary care setting and consolidate learning Exploring the scope of the paramedic role and its fundamentals within the world of primary care this is a clinical reference for paramedics already practising in primary care whilst also equipping prospective paramedics with the required theoretical underpinning and context necessary to build meaningful knowledge and understanding in this field **Rook's Textbook of Dermatology** Christopher E. M. Griffiths,Jonathan Barker,Tanya O. Bleiker,Walayath Hussain,Rosalind C. Simpson,2024-04-16 The latest edition of the world s leading dermatology textbook Rook s Textbook of Dermatology 10th Edition is the most definitive comprehensive and illustrated reference work in dermatology worldwide Fully updated by experts from around the world the book highlights the latest key evidence based developments in pathogenesis diagnosis and treatment of skin disorders A highly intuitive resource and invaluable clinical companion for both those training and those fully qualified in dermatology other highlights of Rook s Textbook of Dermatology 10th Edition include 1 Comprehensive review of essential basic science skin biology and pharmacology 2 More than 3000 clinical illustrations 3 Histological images to aid clinicopathological correlation 4 Up to date management details for all major dermatological disorders including emerging infections 5 All chapters fully referenced

together with highlighted key references 6 Quick reference to essential facts treatment ladders and management algorithms 7 Chapter dedicated to global skin health and inequalities 8 Description of the spectrum of presentations in dermatoses in skin of colour 9 Thorough review of surgical and aesthetic dermatology 10 On line videos of practical procedures Rook's Textbook of Dermatology 10th Edition is universally recognised as the most complete reference work for dermatologists of all experience levels and dermatology students worldwide **The CBT Handbook** Windy Dryden, Rhena Branch, 2011-11-15 The CBT Handbook is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike Comprising 26 accessible chapters from leading experts in the field the book covers CBT theory practice and research Chapters include CBT Theory CBT Skills Assessment and Case Formulation in CBT The Therapeutic Relationship in CBT Values and Ethics in CBT Reflective and Self Evaluative Practice in CBT Supervision of CBT Therapists Multi disciplinary working in CBT Practice This engaging book will prove an indispensable resource for CBT trainees and practitioners

Mental Health and Wellbeing: A guide for nurses and healthcare professionals working with adults in primary care Dr Sheila Hardy, 2022-01-11 Around 30% of people attending primary care have a mental health problem and the Covid 19 pandemic has seen an increase in anxiety isolation and other mental health issues In addition we have an aging population and more people coping with chronic physical and mental conditions All these factors mean that healthcare professionals need more guidance on dealing with mental health and wellbeing Those with long term physical conditions such as diabetes are more likely to have mental health issues and will be healthier if both their physical and mental health are considered Those with severe mental illness and a learning disability are more likely to die early from a physical cause than the rest of the population and this group therefore needs proactive monitoring and encouragement to promote healthy behaviour People with dementia and their carers also need support to live well and those who are addicted to substances or specific behaviours need help to manage their dependence The Charlie Waller Trust <https://charliewaller.org> one of the UK's most respected mental health charities recognises this need and provides high quality training for GPs nurses and allied healthcare professionals in primary care to help them meet the holistic mental health needs of the people they see in healthcare settings every day Written by a registered general and mental nurse with 20 years clinical experience in primary care this helpful practical book serves as a manual to accompany the CWT training and as a learning resource in its own right

Dissemination and Implementation of Evidence-Based Psychological Interventions R. Kathryn McHugh, David H. Barlow, 2012-04-17 The lack of widely available effective mental health care presents a major public health problem This volume describes the rapidly expanding area of dissemination and implementation of evidence based psychological interventions Leading efforts internationally to improve access to effective care are highlighted by the leaders of these programs OECD Health Policy Studies Making Mental Health Count The Social and Economic Costs of Neglecting Mental Health Care Hewlett Emily, Moran Valerie, 2014-07-08 This book addresses the high cost of mental illness the organisation of

care changes and future directions for the mental health workforce indicators for mental health care and quality and tools for better governance of the system **Oxford Textbook of Old Age Psychiatry** Tom Denning, Alan Thomas, Robert Stewart, John-Paul Taylor, 2021 Part of the authoritative Oxford Textbooks in Psychiatry series Oxford Textbook of Old Age Psychiatry Third Edition has been thoroughly updated to reflect the developments in old age psychiatry since publication of the Second Edition in 2013 and remains an essential reference for anyone interested in the mental health care of older people **Doing Practice-based Research in Therapy** Sofie Bager-Charleson, 2014-01-23 Learning how to use critical self reflection creatively when practising therapy is an important component of training This level of self awareness is however often neglected in research despite the centrality of the researcher to their work Doing Practice based Research in Therapy A Reflexive Approach makes the vital link between practical research skills and self awareness critical reflection and personal development in practice based research Starting with a clear introduction to the theory practice and debates surrounding this type of research the book then guides the reader step by step through the practicalities of the research process encouraging them to reflect upon and evaluate their practice at each stage The book incorporates case studies throughout to illustrate different methodological approaches uses real life examples from students conducting practice based psychotherapy research includes exercises chapter objectives end of chapter questions and suggestions for further reading to help consolidate learning encourages ongoing personal development by introducing personal development planning PDP and lifelong learning in the field of research By demystifying the reflexive approach this highly practical guide ensures that trainees and qualified therapists get the most both professionally and personally from their practice based research

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