

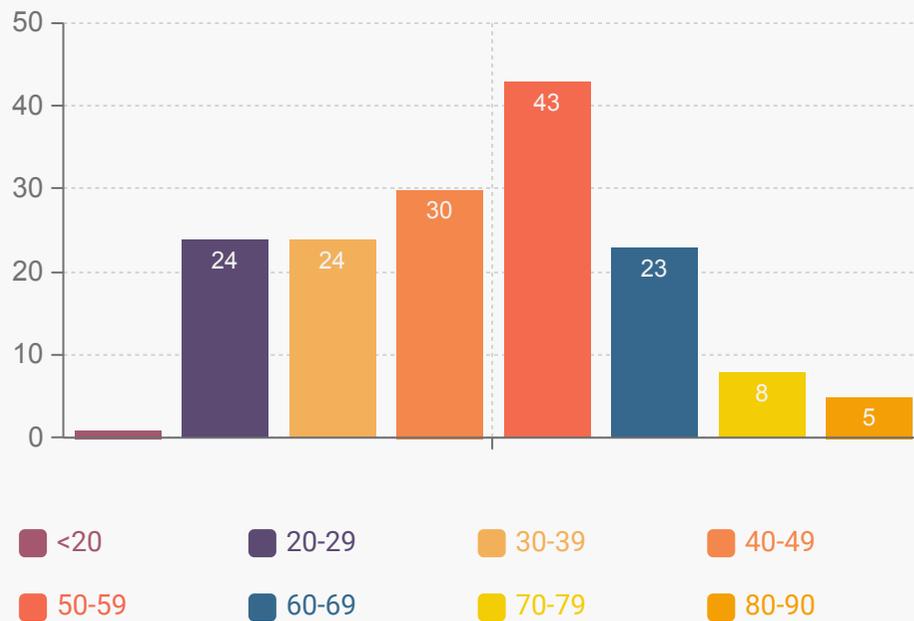


Welcome to the March newsletter. This month we share recent demographic and referral data, as well as a case study that highlights our work supporting individuals who are awaiting formal therapy.

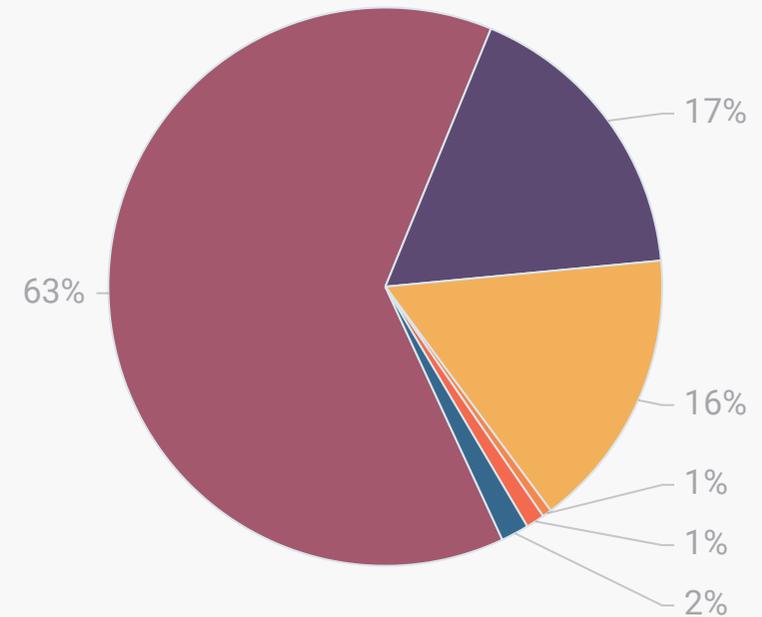


There are currently **158 patients** open to our service, of these 53% are male and 47% female

### Age group



### Referral source



GP	117	PCMH nurse	32
Practice nurse	30	Practice physio	1
Practice pharmacist	2	Self	3

If you have any feedback about this newsletter, please send a message via EMIS/S1 or email [Locality Lead helensmith@firstcontactclinical.co.uk](mailto:Locality Lead helensmith@firstcontactclinical.co.uk)

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We are well placed to work with individuals who are awaiting formal therapy, or have recently completed therapy. This case study highlights how we give people the time to explore what matters to them and to encourage self-regulation, whilst awaiting formal psychological therapy.

### Background

'Thomas' was referred to his practice's social prescribing team by a GP. He was awaiting Talking Therapy, is 31 years old, lives with a long term partner and has childhood trauma and anxiety.

### Intervention

The intervention used a **CBT** method of identifying thought patterns and challenging these with logical thinking. Thomas benefited from expressing himself in written form to explore his emotions, increasing his **self-awareness**. He also began using **mindfulness** to self-regulate his anxiety. With regular appointments, he was able to use graded tasks to set achievable goals. Through this increased reflection, he was also able to improve his physical wellbeing.

### Progress

By the second session, Thomas was using the Headspace app and by the tenth was focused on "*striving every day to live in the now*". Setting **small goals every day** has been the main strategy he has developed to regulate his emotional wellbeing. Thomas regularly uses his exercise bike and has revisited his diet. Going out for short walks by himself has now become a weekly occurrence.

### Measures

Initial PAM (16/10/2020)  
Level 2 Score 53.2

Second PAM (05/01/2021)  
Level 3 Score 63.1