

# Psychological Therapies NOS Development Project

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# Why NOS work

- To attempt to facilitate the development of a set of standards which are:-
  - Agreed by all professional organisations
  - Have input from Prof bodies and practitioners
  - Relevant to UK workforce
  - Reflect practice of practitioners
  - A useful tool to inform staff development, Education and Training

# What have we done to date

- Engaged with Professional bodies
- Undertaken a consultation exercise
- Set up a project – processes and methodology to address issues identified by Prof bodies and feedback received

# The landscape

- Skills for Health Functional Map
- Delivering for Mental health – NHS Scotland
- Improving Access to Psychological Therapies – DH England
- Revised NSF for Mental Health- Wales
- Bamford Review of Mental Health – Northern Ireland

# Consultation

- December 2006 – February 2007
- 162 responses received – many very detailed and many expressions of interest in being involved in the project
- Helped inform the development of a suitable methodology

# Project Methodology

- Developed as a result of consultation exercise and liaison with Project Strategy Group
- Involves both research, and extensive liaison with practitioners

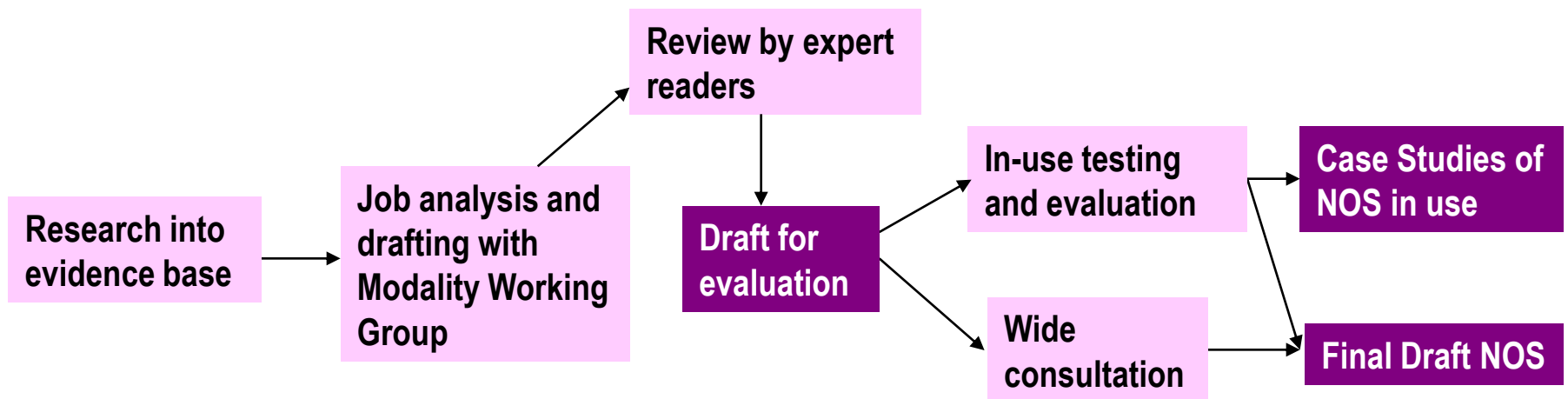
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## Project Methodology

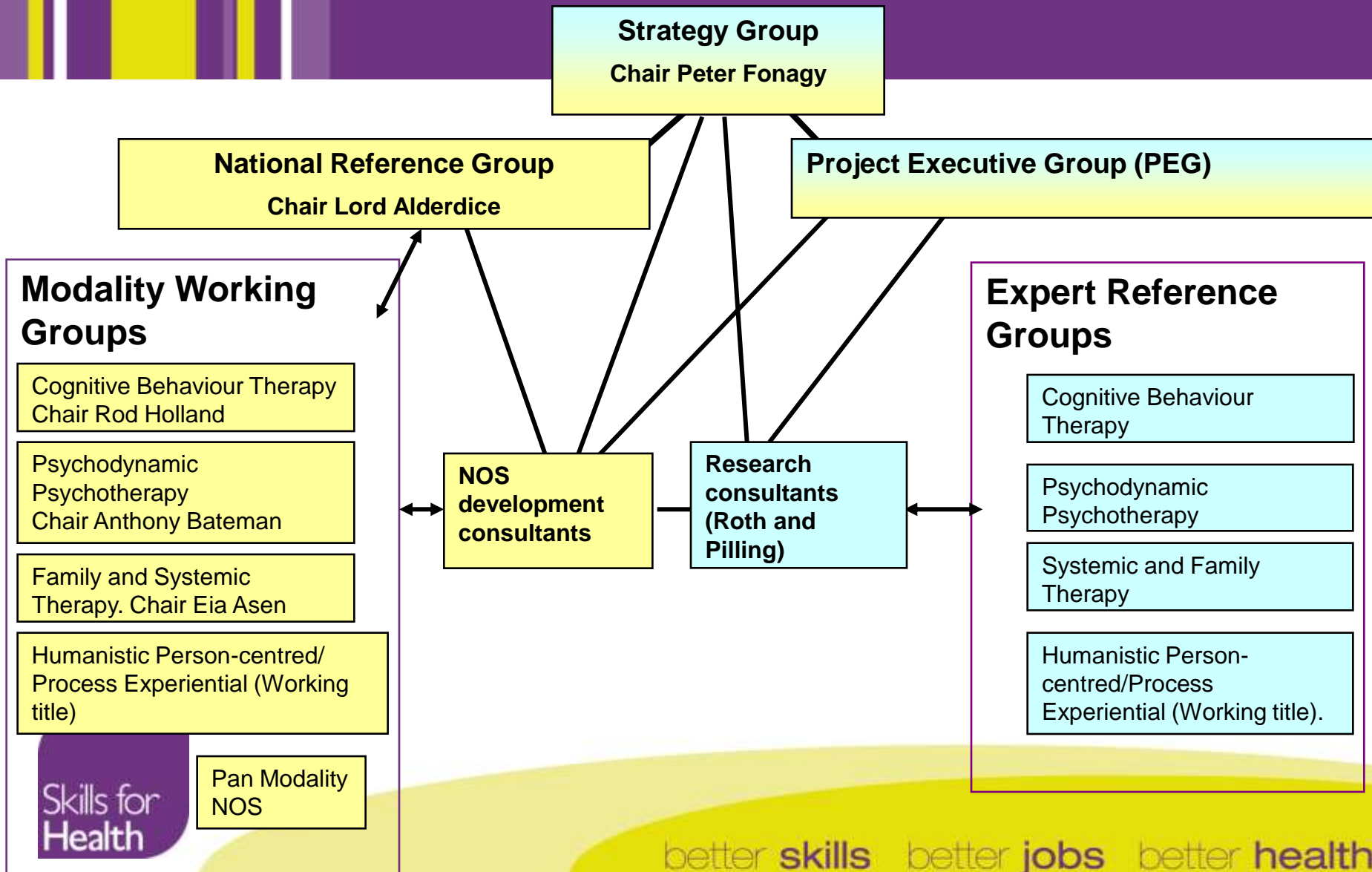
Initial Drafting

Refinement

Final drafting



# Psychological Therapies NOS Development Project: Project Infrastructure



# NOS Development

Project is focusing on four modality areas:-

- Cognitive Behaviour Therapy
- Psychodynamic Psychotherapy
- Systemic and Family Therapy
- Humanistic, Person Centred/Process Experiential (Working title)

# Progress to date

- CBT NOS evaluation drafts
- Psychodynamic/Psychoanalytic evaluation drafts
- Family and Systemic:
  - Statements of evidence
  - Initial drafting of NOS
- Humanistic, Person-centred /Process Experiential (Working Title)
  - Statements of evidence being drafted.

# How you can contribute

- Access the Skills for Health website  
[www.skillsforhealth.org.uk](http://www.skillsforhealth.org.uk)
- Field Testing.
- Consultation.