Psychological Therapies Audit Standards

The service routinely collects data to assess equity of access. 
*Guidance: This includes age, gender, ethnicity, employment and accommodation status.*

- Mind (2013). We Still Need to Talk. London: Mind

A person who is assessed as requiring psychological therapy does not wait longer than 18 weeks from the time at which the initial referral is received to the time that treatment starts.

- Mind (2013). We Still Need to Talk. London: Mind

Psychological therapies are provided in line with relevant NICE guidance (type and number of sessions) for the service user’s diagnosis/condition.


Service users report being provided with information and choice about their treatment.

- Mind (2013). We Still Need to Talk. London: Mind

Service users report a high level of satisfaction with the treatment that they receive.

- Mind (2013). We Still Need to Talk. London: Mind

The service routinely uses validated measures (e.g. symptoms, level of functioning and/or disability) to inform and evaluate treatment.


Therapists are providing therapy under supervision.


Therapists have received formal training to deliver the therapy provided.