

Barriers to Accessing Psychological Therapies Services

Special Interest Day

Wednesday 11th May 2022 (10:00 – 15:00)

Virtual event

Draft Programme

- 10:00** **Welcome and Introduction**
Co-Chairs: Dr Megan Bean, APPTS Project Board Member and Amanda Smith, Clinical Director at The Employee Resilience Company and APPTS Project Board Member
- 10:10** **Age, gender and sexuality as barriers to accessing psychological therapies services**
Hannah Schooner, Counsellor and Cultural Awareness Lead, The Employee Resilience Company
- 10:40** **Moving forward, the role of peer support in a veterans' personal recovery pathway**
Ross Dourley, Peer Support Worker, Jonathon Giemza-Pipe, Peer Support Worker and Michaela Waspe, Service Lead, OpCOURAGE (TILS/CTS) Berkshire Healthcare NHS Foundation Trust
- 11:10** **Break**
- 11:20** **Student access to psychological therapies services**
Pete Gaffney, Programme Delivery Manager, Student Minds
- 11:40** **Trends and interventions in delivering trauma focused therapy to Afghan refugees**
Dr Jai Adhyaru, Chartered Psychologist, Central and North West London NHS Foundation Trust
- 12:10** **Lunch Break**
- 13:10** **Barriers clinicians and services experience in improving access and outcomes for clients from diverse backgrounds**
Taf Kunorubwe, Lecturer in Therapeutic Studies, University of South Wales
- 13:40** **Access for all: Removing barriers to psychological therapies via collaboration with lived experience**
James D, Patient Representative, The Royal College of Psychiatrists
- 14:10** **Interactive discussion on barriers to access and practical solutions [30 min]**
Facilitators to engage with the attendees in a discussion on barriers to accessing psychological therapies services and seeking suggestions on recommendations, problem solving and solutions
- 14:40** **Final plenary and close of conference**
- 15:00** **End**