

NHS Talking Therapies for Anxiety and Depression: Summary of Manual Updates



for anxiety and depression

- Updates to data throughout to bring in line with recent reports/publications: throughout
- Data collection clarity for couple therapy added: Pg 50
- Language around access adjusted to align with increased focus on treatment and clinical outcomes: throughout
- ADASM section strengthened to include recent research: Pg 48
- Language around reliable improvement alongside recovery reinforced in response to system feedback: Section 9

Perceptions of NHS Talking Therapies & Pathway Integration



Talking Therapies

- Interface between NHSTTad and CMH clarified and link to recently published guidance included: Section 11.4, Pg 86
- 'IAPT' replaced with NHS Talking Therapies for Anxiety and Depression throughout following rebrand: throughout
- HEE replaced with NHS England: throughout
- Relevant Futures Platform links added for social prescribing: Pg 84
- Money advice and debt section strengthen to include updated tools and guidance: Section 11.6, Pg 87

Service Delivery

- NICE guidance updates – Depression, ME & CFS and Management of Risk: Table 2, Pg 16 & then throughout
- CfD updated to reflect change to PCE-CfD: throughout
- Promotion of Mental Health System Improvement Network workspace on Futures and provision of links: Pg 64 & 66
- Employment Advice section updated following roll out to all NHSTTad services: Section 11.5, Pg 86

Service Delivery

- More detailed guidance regarding the management of in-pathway waits: Section 6.4.2, Pg 54
- Strengthened lines on continuity of care: Section 10.2.4, Pg 79
- Section added to reinforce the importance of physical activity consistent with updated ME and CFS NICE guidance & recent research: Pg 84
- Supervision section strengthened: Section 4.1.7, Pg 26

Workforce Retention & Expansion



Talking Therapies

- Strengthened section on workforce to include all information on training, accreditation and registration requirements: Section 4, Pg 19
- Clarification of LTC training being compulsory for PWP's and HITs within 2 years of qualifying: Section 4.1.1, Pg 19 & Section 4.1.2, Pg 20
- Preceptorship expectation for PWP's and HITs: Section 4.1.1, Pg 19 & Section 4.1.2, Pg 20

Workforce Retention & Expansion

- Clarification on national recommendations for banding and pay scales: Section 4.1.8, Pg 29
- Revised workforce wellbeing section to include recent Thames Valley work: Section 4.2, Pg 30
- The importance of workforce retention and ways in which this can be improved reinforced: Section 4.3, Pg 22
- Information regarding NHS TTad workforce census added: Section 4.4, Pg 34

Workforce Retention & Expansion

- Additional workforce section updated to include information about clinical psychologically doctorate trainees: Section 4.1.5, Pg 25
- Clarification provided on national EMDR curriculum and governance requirements following the introduction of this: Table 4, Pg 21

Finance, Planning & Infrastructure

- Reference to clustering removed: throughout

Digital Innovation & Productivity

- Strengthened section on improving access via DET:
Section 7.3.1, Pg 59

Advancing Equalities

- Added section on importance of coproduction: Section 11.1.1, Pg 83
- Drug and alcohol bite sized PPG updated with drug and alcohol team feedback: Appendix D, Pg 124
- Bite size Perinatal PPG added: Appendix D, Pg 126
- Autism PPG to be added once published: Appendix D when available