

INCLUSION/EXCLUSION LIST FOR PERSON CENTRED (TALKING THERAPY)

The following is a list of Presenting Problems that are suitable for a referral to The Link Charitable Trust for Person Centred therapy (Talking therapy)

- Anxiety
- Depression
- Bereavement, including complex grief
- Panic Attacks
- Obsessive Compulsive Disorder
- Specific Phobias
- Social Anxiety
- Health Anxiety
- Relationship Difficulties
- low mood or anxiety related to Long Term Health Conditions ,
Medically Unexplained Symptoms
- Pain Management
- Support in managing life transitions

The Link are unable to accept a referral for any of the below presenting problems:

- Schizophrenia as the focus of treatment
- Personality Disorders as the focus of therapy or where the person is not stable with regards to risk, not taking medication and not able to engage in a short-term therapy
- Where there is significant risk to self or to others
- Dependence upon drugs or alcohol, where the use affects the individuals ability to engage with and attend therapy sessions. Where the person cannot abstain from substances prior to and soon after appointments.
- People who are receiving ongoing support or treatment from Secondary Care Services
- Anorexia
- People who are unable to commit to attend regular appointments. For therapy to be of any benefit regular attendance is required

The above list is not exhaustive and there may be occasions where the referrer will be contacted to discuss the matter to gain further clarity as to what is required in that particular case.