The Talking Shop, Scunthorpe

Information for families and carers

Improving Access to Psychological Therapies (IAPT) service
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The Talking Shop in Scunthorpe is a psychological therapy service which gives people the opportunity to browse information on mental health issues and gain knowledge about the therapies offered by the Trust.

If you are struggling with anxiety, low mood or stress then we can offer a brief telephone consultation to see if our service can help and if not, we will be able to recommend other services that offer the most suitable support for your needs.

We offer guided self-help that teaches people tools and techniques to improve their wellbeing.

We offer interventions to help your mental health including psychoeducational groups, computer based therapy and one to one sessions with a therapist.
What do we offer?

**Telephone consultation**

Initially you will be offered a telephone screening appointment to help our practitioners identify whether our service would be helpful or if another service would be better suited to your needs. During the consultation, one of our practitioners will help you identify a suitable treatment from the following:

**Face to Face appointments**

If our practitioners feel a face to face appointment would be most appropriate, we have a range of trained professionals who can provide you tailored help. Your therapist will help you identify a treatment plan that’s best suited to your needs. This will be on a self-help basis, so they will teach you practical strategies to improve the way you feel and there will be an expectation that you practice these strategies in between sessions.

**Stress Control Group**

We offer a FREE six week course for anyone who wants to learn about stress and practical ways to cope with it. We look at how stress affects the body and relaxation methods to alleviate such effects. We consider how stress impacts on our thoughts and ways to think our way out of stress. We investigate the relationship between stress and our behaviour, including practical tips to control panicky feelings and to get a good night’s sleep. Finally, it considers methods to improve our wellbeing and planning for the future.
Computerised cognitive behavioural therapy (CBT)

We provide a computerised cognitive behavioural therapy programme which is ideal for anyone who has access to the internet, works away, has childcare commitments or struggles to get to appointments in general. Our programmes cover:

- Anxiety
- Depression
- Panic Attacks

Individuals can work through the programme at their own pace and a practitioner will regularly review any progress you have made and offer further recommendations if required.

Who’s in our team?
Psychological Wellbeing Practitioners (PWP)

You are most likely to meet a PWP when you first come to the Talking Shop. They offer 35-minute consultations, exploring the reasons that have brought you to the service. PWPs provide low-intensity psychological interventions.

Their role is to be a self-help coach which has been found to be an effective treatment for mild-moderate depression and anxiety. They can work flexibly with individuals including telephone contacts, computerised therapy or face-to-face appointments.

Our PWPs run clinics in several outlying GP surgeries around the North Lincolnshire area for those who cannot get to our town-based site.
Counsellors

Counselling uses a more “non-directive” approach in comparison to CBT. Instead of offering you specific techniques to overcome your symptoms, they will support you to talk through your issues to help you come to your conclusions.

This is effective for persistent, mild to moderate depression and if you need support in coming to terms with something that’s happened to you.

Cognitive Behavioural Therapists

CBT therapists provide high-intensity psychological interventions. They are able to formulate, implement and evaluate specific CBT therapy programmes to help people understand personal and sometimes sensitive difficulties. Their consultations typically last up to 60 minutes and they will help you identify a treatment plan appropriate for your needs. These interventions are short-term and goal-orientated.

All of our staff are experienced and qualified to work with individuals who are experiencing anxiety and depression. They are trained in psychological interventions as part of the stepped care model. They attend regular training and regular supervision to ensure the best possible practice is achieved and maintained.
Other information

Self-Help Literature

We have a range of self-help literature within our reception area. Please call into the Talking Shop at any time if you would like to browse our self-help resources.

Twitter

If you would like to keep up-to-date with the Talking Shop developments or upcoming events, please follow us on twitter for more details:

@iaptTalkingShop

Contact us

If you would like to learn more about what we offer, or feel our service may be helpful for your needs, please call into the Talking Shop or contact a member of our team.

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This information is correct at the time of publishing

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