

IAPT Talking Therapies

Within IAPT we provide mental health support in Luton Total Wellbeing IAPT service offers support to people with difficulties such as low mood, anxiety, depression, stress and phobias. These difficulties are very common and can be supported in various ways, we are here to help people living in Luton and any age above 16 years old. Our team of therapist and advisors can help you overcome your difficulties, all you need to do is call 0300 555 4152, you can self-refer or contact your GP.

What we offer:

- **Anxiety, Depression, Stress and Positive Steps courses:** 1.5 hour long sessions over 6 weeks focusing on the various topics each week providing practical ways of dealing with your difficulties. The sessions are led by a Psychological Wellbeing Practitioner and in group format but are not group therapy – more of a lecture style course.
- **Workshops:** Our workshops are one of a kind running on various topics such as Managing Anxiety and Worry, Wellbeing Whilst working, an introduction into Mindfulness and Food for thought which looks at the link between health eating and mental health. The workshops are on a dynamic calendar and will cover a wide range of topics throughout the year, our coordinators will be able to provide more details.
- **Online CBT:** We have an online platform called 'My Turning Point' which allows people to access CBT support remotely. Generally better for people, who are psychologically minded, engaged and perhaps struggle keeping telephone/face to face appointments. 1:1 CBT based therapy: We also provide guided self-help sessions over the phone or face to face (face to face is on a needs basis due to capacity and we have locations around Luton). We can work on specific phobias, OCD, anxiety, low mood, stress, panic and social anxiety.
- **Step 2 1:1 therapies:** carried out by Psychological Wellbeing Practitioners (PWP's), and on average comprises of 4-6 sessions of face-to-face or telephone-based guided self-help based on the principles of CBT. This can include psycho-educational information; identification of challenging

negative automatic thoughts; behavioural action; problem solving; sleep hygiene; and guided self-help activities and signposting.

- **CBT therapy** can provide groups (more of an interactive group than the courses) which lasts for 1.5 hours over 10-12 weeks dependant on the group. These are currently being run for Low Mood and Generalised Anxiety. They also offer 1:1 face to face appointments for more longstanding, enduring psychological difficulties such as PTSD, vomit phobia, needle phobia and trauma (not an exhaustive list).