

MYTH BUSTING – PSYCHOLOGICAL THERAPIES IN PRRT

BY JULIA RITCHIE, COUNSELLING PSYCHOLOGIST, PRRT

I was delighted to meet with staff from the Benevolent Fund and the Northern Ireland Retired Police Officers Association on Wednesday 18 May 2022.

The goal of our meeting was to build useful and meaningful relationships between the organisations to ensure, that together, we reach the needs of Retired Police Officers and their families. It was an excellent opportunity to share information about the supports available to those who have served in Northern Ireland as Police Officers and their families.

Throughout our meeting, representatives from the Benevolent Fund and the NIRPOA took the opportunity to ask frank questions about our service. The Team at PRRT are always keen to break down the perceived barriers and stigma people may experience in attending for Psychological Therapies. Here are some facts to 'myth bust' and encourage people to access PRRT Psychological Therapies Services.

FACTS

- The Psychological Therapies Department is a Free, Specialist Clinical Treatment Service based in the Maryfield Complex, Holywood.
- Clients SELF-REFER by phoning Services Admin on 02890 427788 or emailing servicesadmin@prrt.org
- It is unique and provides treatment for Retired Police Officers (Regardless of when they Retired or Served), Widows/ Widowers, Adult Children, Bereaved Parents and any other Family Members who have been impacted by the service of an officer.
- We treat Depression, Trauma reactions including PTSD, Anxiety, Bereavement and Complicated Grief, OCD, Phobia's.
- We deal with problems such as low mood, poor concentration, sleeplessness, irritability, anger, intrusive thoughts, flashbacks, hypervigilance, nightmares, feelings of guilt, shame, hopelessness, numbness, irrational fear and relationship problems.
- Treatment is provided in person and also virtually via secure platforms or telephone. This makes treatment from PRRT Psychological Therapies accessible worldwide.
- Initial Assessment takes place within 14 days of initial telephone contact.
- Initial Assessment is a screening and triaging process. Your assessing therapist will discuss your clinical need, prioritise you for treatment if required and suggest supports accessible immediately if required.
- If you are placed on a waiting list we ask you to contact us if your symptoms deteriorate at which point we will re-assess your clinical needs and respond accordingly.
- PRRT psychological therapies has useful resources and articles on the PRRT website www.prrt.org

- PRRT provides Evidence Based Psychological Therapies in accordance with the NICE guidelines (www.nice.org.uk/) including Cognitive Behavioural Psychotherapy (CBT), Trauma Focused Cognitive Behavioural Psychotherapy (TFCBT) and Eye Movement Desensitisation Reprocessing (EMDR)
- All staff and Clinicians in PRRT are CTC security cleared and qualified and experienced to a high level.
- We are very aware of the importance of TRUST with our client group and discuss the parameters of CONFIDENTIALITY in relation to treatment with every client before any treatment starts. Confidentiality and Data Sharing policies of PRRT can be found on our website www.prrt.org
- Treatment length is mainly around 15 sessions. This varies and is bespoke to client need. Together, client and therapist review progress every 6 sessions, with regards to their presenting problems and the goals they want to achieve.
- Sessions are approximately 1 hour in length and are mainly fortnightly unless they are required for clinical reasons to be more frequent.
- At discharge 96 % of clients who completed treatment report their presenting problems to be resolved, resolving or achieving stability without deterioration. 98% of clients who provide feedback on the service they have received from the Psychological Therapies Department state they were satisfied or very satisfied with the service.
- Clients, following discharge, are able to access the service again if they need to.
- We provide training to groups, for example Specialist Trauma Resilience, and are very happy to attend any groups, meetings or roadshows if it helps people access the right support.
- Where consent is given, we work with our Physiotherapy and Coaching and Personal Development Departments in PRRT to provide the client with a wholistic treatment programme.
- We are not an emergency service and work within the working week between 9 am and 5 pm. If support is required outside of these hours your GP, Out of Hours services, Emergency Services and Helplines (Lifeline 0808 808 8000) should be used. Safety information can be found on our website under our resources section.
- Our goal is to provide a safe and secure environment for individuals to deal with their past so they can engage in the here and now and enjoy the future.

FOR FURTHER INFORMATION ABOUT OUR PSYCHOLOGICAL THERAPIES SERVICE PLEASE CONTACT ON 02890 427788 OR EMAIL: servicesadmin@prrt.org or visit our website www.prrt.org

PRRT is based at Maryfield, Holywood and provides psychological therapies, physiotherapy, coaching and development to the retired police population. PSNI employees can access our healthcare services via referrals from PSNI occupational health. Serving officers can access Coaching and Development directly.

Contact PRRT on Telephone: 028 9042 7788 | Email: servicesadmin@prrt.org | Website: www.prrt.org
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Rehabilitation and Retraining Trust