

# CBT Across Five Nations



# CBT

## Across Five Nations

*Did you know that IAPT doesn't exist outside of England? Do you know what the Scottish Matrix is? Or the Welsh Matrices? Do you know which nation is about to regulate psychotherapy?*



BABCP covers a wide geographical footprint and the healthcare systems across different regions of the UK and Ireland are different. Commissioning, funding, training, regulation... these are some of the issues which have reached different resolutions in different geographical locations.

The cultural and historical differences across the regions also impact on what services are most needed and how CBT is delivered and received. For example, in Northern Ireland and the Republic of Ireland, development of a trauma network is important to meet the needs of people experiencing post-traumatic reactions due to conflict in the region for many years.

You may have seen the recent consultation on our strategy. BABCP has five main aims in its vision of leading the way in furthering high-quality CBT in the UK and Ireland. We want to be able to achieve these aims in all regions, and recognise that to support therapists and CBT in the full footprint of the UK and Ireland may mean a recognition that "one size does not fit all" and different communities may need different sorts of support.

### BABCP Strategic Aims

- Aim 1** Advancing the theory and knowledge of CBT
- Aim 2** Extending understanding of CBT and its value
- Aim 3** Aiming to support and advance the practice and delivery of CBT

A Five Nations working group has been formed to address the following questions:

1. *What are the key similarities and differences in the provision of psychological therapies across the different regions?*
2. *How well does BABCP support membership and the development of CBT as an evidence-based therapy in the different regions?*
3. *What are the key policy points that each region would like the organisation to support?*

The working group is chaired by Kate Davidson who is joined by Michael Duffy, Louise Waddington, Mary Shinner, Chris Williams, Catriona Kent and Brian Fitzmaurice and supported by BABCP staff Ross White, Lucy Maddox and Michelle Livesey, as well as Sarah Corrie and Helen Macdonald from the BABCP Course Accreditation Committee. This publication outlines the working group's understanding to date of similarities and differences across the regions. A series of meetings and consultations are planned to better understand the answers to questions 2 and 3. If you would like to be involved or offer more information please email [ross.white@babcp.com](mailto:ross.white@babcp.com).

- Aim 4** Inform the public about safe and effective CBT practice
- Aim 5** Ensuring the sustainable development of the organisation and its membership

Table 1. Key Facts and Figures

| Country             | Size of country (km <sup>2</sup> ) | Population (from ONS Data 2017) | Population density (from Statista 2017) Per Sq km | Accredited members | Non-accredited members | Active BABCP branches | Accredited CBT training courses LEVEL 1 | Accredited CBT training courses LEVEL 2 |
|---------------------|------------------------------------|---------------------------------|---|--------------------|------------------------|-----------------------|---|---|
| Scotland            | 77,933                             | 5,424,800                       | 70  | 259                | 679                    | 1                     | 2                                       | 2                                       |
| England             | 130,279                            | 55,619,400                      | 427   | 5994               | 4087                   | 15                    | 6                                       | 35                                      |
| Wales               | 20,779                             | 3,125,200                       | 151   | 115                | 211                    | 4                     | 2                                       | 0                                       |
| N.Ireland           | 14,130                             | 1,870,800                       | 138   | 132                | 145                    | 1 (inc ROI)           | 0 (inc ROI)                             | 2                                       |
| Republic of Ireland | 70,273                             | 4,784,000                       | c.68 (World Population Review)                    | 82                 | 102                    | 1 (inc NI)            | 0 (inc NI)                              | 0                                       |

Table 2. Service Planning, Policy and Funding By Region

| Region              | Service Planning   | Key Policy Guidelines   | Funding for services and training   |
|---------------------|--|---|---|
| Scotland            | A range of psychological therapies and psychological interventions is provided. Range of professionals deliver these, depending on training and supervision.   | NES (2015) <i>The Matrix: A guide to delivering Evidence Based Psychological Therapies in Scotland</i> sets out the available evidence base for psychological therapies and interventions for common mental health problems for all adults, children, young people and families. This includes some aspects of long term conditions management and physical healthcare.<br><br>18 week Local Delivery Plan (LDP) standards for referral to treatment of a psychological therapy or interventions      | Each Health Board determines its own level of delivery of Psychological therapies including CBT. Funding for training of psychological therapy including CBT has been invested by the Scottish Government.  |
| Wales               | Differing service structures across local health boards.<br><br>Wales Psychological Therapies Plan (2018) aims to provide access to an increased range of psychological therapies.   | NICE Guidelines.<br><br>Together for Mental Health 10 Year Strategy (2012) aimed to develop workforce and increase access to evidence-based psychological therapies. Ongoing. Draft 2019-22 delivery plan includes psych therapies as key area.<br><br>Matrics Cymru (2017) offers guidance to health boards on adult mental health. CYP version anticipated early 2020. Wales Psychological Therapies Plan for the Delivery of Matrics Cymru (2018).   | £4million invested in increasing access to psychological therapies over two years up to Feb 2018.<br><br>No central funding for therapies training.<br><br>Parity of esteem between mental and physical health is a policy objective but parity of funding has not yet been achieved.   |
| England             | Health services commissioned by local clinical commissioning groups (CCGs) with exception of specialist services commissioned by NHSE.<br><br>IAPT in place since 2008. Stepped care model of low and high intensity interventions is in place.  | NICE Guidelines.<br><br>Five year forward view for mental health committed to expanding IAPT.<br><br>Mental health workforce plan for England (2017).<br><br>Long Term Plan includes focus on IAPT, children and young people, perinatal mental health, adult severe mental health problems, major health conditions, autism, new technology and supporting the NHS workforce.<br><br>IAPT manual specifies requirement for BABCP Accreditation for all High Intensity CBT therapists.                | Parity of funding between physical and mental health is a policy objective but has not yet been fully achieved.<br><br>IAPT and children and young people's mental health has had significant funding for CBT training places, although the pace of expansion has been challenging to achieve for local systems, which are now required to part-fund IAPT trainee salaries.   |
| Northern Ireland    | Health and Social Care services are integrated within Trusts in Northern Ireland psychological services are provided within a stepped care model. Most CBT is provided at step 3-4 by the HSC Trusts and CB practice provided within new primary care hubs and the voluntary sector.<br><br>New Regional Trauma network and new Queen's University Specialist MSc in CBT (Trauma) course.  | Psychological Therapies Strategy (DHSSPS NI) produced an expansion of psychological therapies and formation of psychological therapy teams and management structures.<br><br>Victims and Survivors Services formed to specifically address legacy of the Northern Ireland Troubles.   | Central commissioning for CBT training by DHSSPS and HSCB.<br><br>Specialist MSc in TFCBT commissioned by Regional Assembly for the Regional Trauma Network.<br><br>Dept of Health funded expansion of Psychological Therapy Strategy.  |
| Republic of Ireland | Counselling and psychological therapies are provided across the health service through specialist and primary care level interventions, including Primary Care Psychology Services, the National Counselling Service and Counselling in Primary Care. HSE Counselling in Primary Care (CIPC) has been established in most areas over last five years.<br><br>The HSE (NHS equivalent) funds a number of partner organisations to deliver counselling/psychotherapy services, as well as employing some HSE staff directly to provide these services. | New regulation system for counselling and psychotherapy about to be implemented with the Registration Board recently appointed.<br><br>A working group has been established by HSE to look at a Model of Care for Talking Therapies in Secondary Care (Mental Health).<br><br>National Clinical Programmes for Mental Health are in place for Eating Disorders, Early Intervention Psychosis, and Self-Harm and planned for ADHD, Self-Harm and Dual Diagnosis. Psychological therapies are integral. | No centralised funding or plan for training in CBT or psychotherapy.<br><br>Parity of funding between physical and mental health is not a stated policy aim although successive national mental health policies since 'A Vision for Change' (2006) have highlighted psychological therapy and counselling services, most recently in Sláintecare, the national 10 year programme for development of health and social care services in Ireland. |

**Specific challenges for each region include:**

Funding and infrastructure of CBT training posts and CPD (Scotland, Wales, Northern Ireland, Republic of Ireland – and England to a lesser extent)

Stretched psychological therapy services in all areas to varying degrees.

Perceived value of BABCP accreditation in psychological therapy service posts (Scotland, Wales, Republic of Ireland, Northern Ireland)

| Additional Key differences  | Key commonalities   |
|---|---|
| <ul style="list-style-type: none"><li>• Therapy is provided by practitioners with different professional backgrounds and training and using different titles in each region.</li><li>• Services are set up with different structures across regions e.g. IAPT structure is in England only.</li><li>• Some centralised funding for CBT through IAPT in England and in Northern Ireland (e.g. for trauma network).</li></ul> | <ul style="list-style-type: none"><li>• Importance of career progression is recognised but not currently developed for psychological therapists.</li><li>• The issue of regulation (especially important in Ireland because the Republic of Ireland is implementing regulation of Counsellors &amp; Psychotherapists).</li><li>• Differences in ease of BABCP accreditation due to training opportunity differences.</li><li>• Evidence-based frameworks used in all nations.</li></ul> |

The next step of the working group is to survey CBT courses in each region to find out about how BABCP can best support CBT practice and training. We will approach some training courses in each country to make comments but members are also welcome to email comments to the BABCP Company Secretary at [ross.white@babcp.com](mailto:ross.white@babcp.com).

## The Lead Organisation for CBT in the UK and Ireland

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