



Enhanced Psychology Packages

Gateway Recovery Centre

Siobhan Quinn and Catherine Theckston



Background

- Function of a locked rehab?
- Higher expectations of psychology provision
- Female service at Gateway Recovery Centre
- Risks of using single approach (e.g. DBT)



Approaches used

- EMDR
- DBT
- Person-Centred therapy
- CBT
- Compassion-focused therapy
- Transactional analysis
- Family/ couple interventions
- Addiction counselling
- Sand-tray therapy
- Support/ engagement sessions



Treatment Model Female Pathway

- Combination based on individual needs
- Flexibly reviewed and adapted throughout pathway
- Team approach (step-in and step-out as required)
- Up to 4 sessions per week



Examples

- 2 sessions of EMDR, 1 session person-centred, 1 session coping skills
- 1:1 relationships focus, DBT skills group, family intervention
- 1:1 DBT, DBT skills training, addiction counselling (CBT)



Intensive EMDR Blocks

Research Base

- Bongaerts, Minnen & Jongh (2015) - 8 days of intensive EMDR. Positive results
- Mendez et al (2018)- 5 days of intensive EMDR. Reduction in PTSD symptoms.



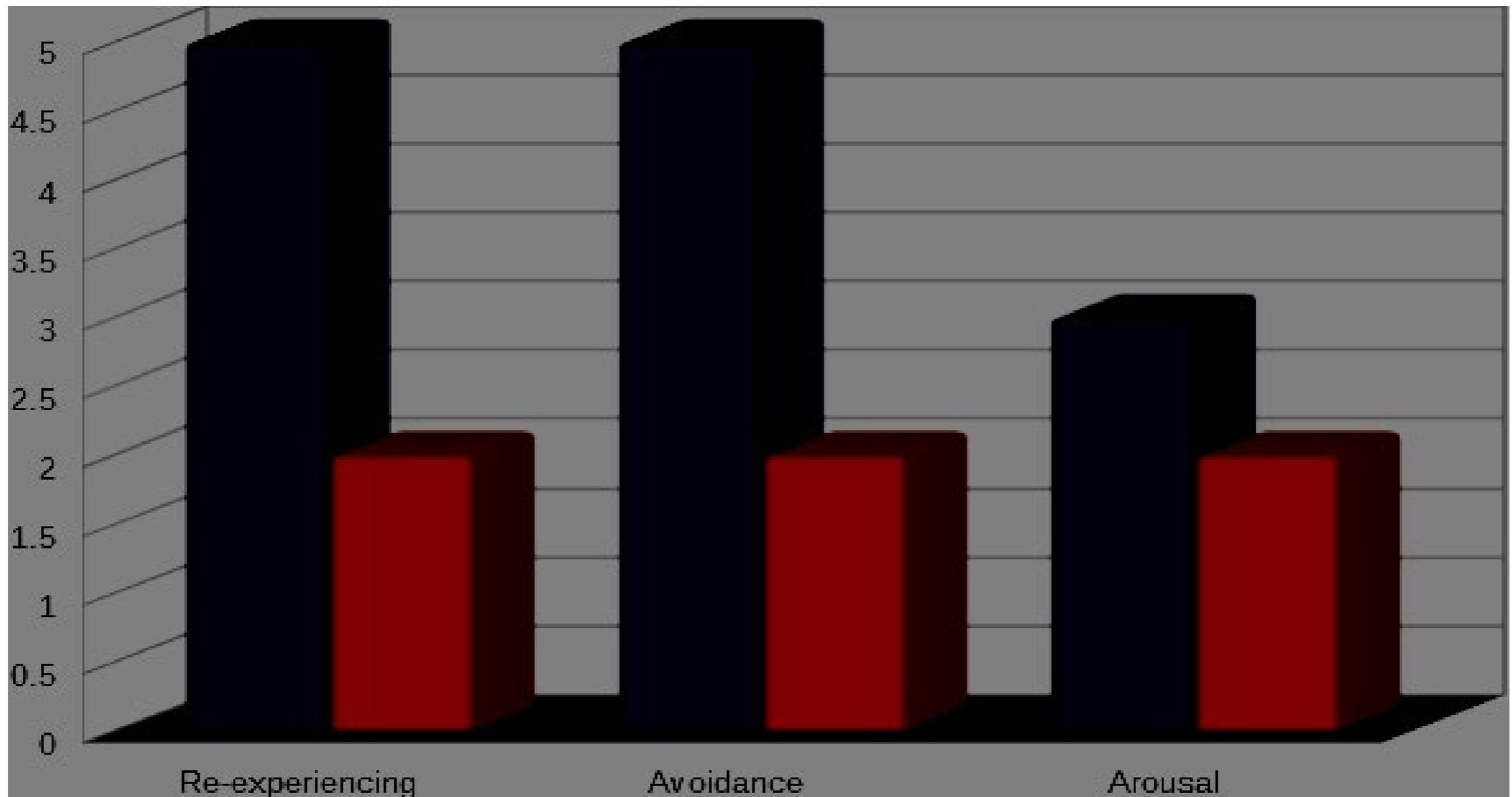
Implementation at Gateway

- Intensive day from 10am to 4pm
- Interspersed with breaks (support, walks, lunch)
- Use of PLC-C pre and post



Intensive blocks pre and post PCL-C

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Positives of Enhanced Psychology Packages

- Value for money
- Attracting referrals and funding agreements
- Positive reputation for specialist provision
- Service users report it being a worthwhile admission
- Shorter admissions
- Better outcomes?



Questions?

