

Where is it based?

An aim of Bristol Mental Health is for people to be seen in their local communities. CPI is part of this approach and is linked to teams across the city. Where possible we give people the choice of the venue most suitable for them.

The team is based with other community mental health teams and provides input into inpatient, dementia, assertive engagement and community rehabilitation teams.

For more information about the complex psychological interventions service

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**Bristol
Mental
Health**

complex
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Bristol's new mental health services together come under the banner of **Bristol Mental Health**. The services are provided by 18 NHS and voluntary organisations chosen because of their expertise and experience. A full list of the organisations is available on the website.

www.bristolmentalhealth.org

About the complex psychological interventions service

What is the complex psychological interventions service?

The complex psychological interventions service (CPI) consists of a number of highly specialist staff including clinical and counselling psychologists, arts psychotherapists, specialist nurses, medical psychotherapists and other psychotherapists.

The service delivers effective complex psychological therapies both directly and indirectly by ensuring that all Bristol services are psychologically informed, having the psychological and emotional wellbeing of service users and carers at their heart, through training and on-going supervision.

Research evidence shows that psychological interventions can be highly effective in helping people deal with mental health problems. We are making these approaches as widely available as possible.

Who does it help?

CPI makes therapy more accessible to people who have previously encountered obstacles to receiving treatment including those with learning disabilities, those moving from young people to adult services, older adults and those for whom English is not their first language.

CPI also trains and supervises staff working throughout Bristol Mental Health.

How does it work?

Everything the CPI service does is based on the best therapeutic approaches available for specific difficulties.

CPI uses techniques that help people to understand their difficulties; this in turn helps with choosing the approaches that are likely to help most.

Through training and supervising staff, the CPI service seeks to influence all aspects of service users' experience of mental health services. This ranges from how they are greeted by receptionists to how clinicians

engage with them. This is based on respect, a shared approach and using psychological interventions to support recovery.

Staff throughout Bristol Mental Health can get training and supervision from CPI to support all their work with service users.

CPI link workers connect to the crisis, early intervention in psychosis, and assessment and recovery teams.

This means that effective psychological approaches including cognitive behaviour therapy (CBT), family work,

psychotherapy and many others are available within the mental health service.

The team works closely with wellbeing services and all GP practices have a named member of CPI staff to provide swift advice and support.