

# National Audit of Psychological Therapies Service User Reference Groups

Do you want to make a real difference to the future of psychological therapies?



Choice was the most important thing to me.

I was able to choose the gender of my therapist which was great!



## COME AND JOIN US!

Choose one of the following events:  
(10am-1.30pm)

- Saturday 6<sup>th</sup> July 2013 – London
- Saturday 13<sup>th</sup> July 2013 - Manchester
- Saturday 27<sup>th</sup> July 2013 – Cardiff

- ✓ £50 reimbursement for your time
- ✓ Reasonable travel expenses paid
- ✓ FREE refreshments and lunch

### What is the National Audit of Psychological Therapies (NAPT)?

The audit aims to see whether NHS services in England and Wales are delivering high quality care and psychological therapy to people with depression and/or anxiety.

### What is the service user reference group?

Over 15,000 service users completed a questionnaire telling us what they found helpful or less helpful about their therapy, what was important to them and how satisfied they were with their therapy. This information will help services to make improvements for the benefit of their service users. We need your expert help in interpreting these findings to ensure that we share what's important to service users in a confidential and beneficial way.

### Who should come along?

We are looking for people who:

- Are 18+ years (we are particularly interested to hear from people over 65 years of age)
- Are currently having or have had psychological therapy/talking treatment for depression and/or anxiety within the past year (this includes obsessive compulsive disorder (OCD), post traumatic stress disorder (PTSD), phobias or panic attacks)
- Live in or near London, Cardiff or Manchester.

### Why you should come along!

We need your help to ensure that the service user voice feeds into NAPT's recommendations, which will ultimately impact on the way services evaluate and improve their service for service users. We would like to share our findings with you and ask for your feedback on whether these fit with your lived experience and ask for suggestions on how services can improve. In other words, you can share your views in a completely confidential environment and help to make positive changes to the future of psychological therapies!

### How do you register your interest?

Complete our online form to register your interest on <http://www.rcpsych.ac.uk/napt> OR email us on [napt@cru.rcpsych.ac.uk](mailto:napt@cru.rcpsych.ac.uk). If you do not have access to a computer, you could ask your therapist or someone else to send an email on your behalf.