



Guest Lecture

Professor Gillian Hardy, Ph.D.

Wednesday, 16 October 2013, 4:15 to 5:45 PM

University of Zurich, Department of Psychology
Binzmühlestrasse 14, Room BIN-0-K.02, BIN-1-B.01

Improving Access to Psychological Therapies (IAPT): Have IAPT services in England made a difference to the treatment of common mental health problems?

Evidence shows that psychological therapies such as cognitive-behavioural therapy (CBT) and combined therapies (for example CBT and medication together) are effective both for depressive and anxiety disorders. Patients have shown a preference for these psychological therapies but provision in primary care has been low and in secondary care has been characterised by long waiting lists.

In light of this, The National Health Service in England piloted two new psychological services for people with mental health problems in 2007. Over the next five years these services, known as Improving Access to Psychological Services (IAPT), were rolled out across the country. In this talk the aims and composition of IAPT will be described. It will be looked at how far IAPT has achieved its aim of making psychological treatments more available, lowering other medical and associated costs and how the treatments compare to other more traditional services, using data from the original demonstration sites and more recent data from a local IAPT service.

Keywords: Access to treatment, Psychotherapy, Anxiety, Depression

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Lecturers, students and interested parties are cordially invited to attend the lecture.

Prof. Dr. Birgit Watzke