



Talking Therapies

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NHS Talking Therapies - Tameside and Glossop

Fears of
illness/dying

Fears of cancer
recurrence/
relapse

Changes to body
image

Shielding / COVID

Reduced social
contact

Loss of identity

Adjustment to new
routine

Trauma of
treatment

Guilt / shame

Family distress

Financial Concerns

Anger/disbelief

50% of patients experience significant psychological distress during and after treatment.

Rates of clinical depression is **16.5%** and the prevalence of anxiety disorders is understood to be around **19%**

Depression and anxiety disorders are associated with higher cancer mortality rates and produce poorer treatment outcomes

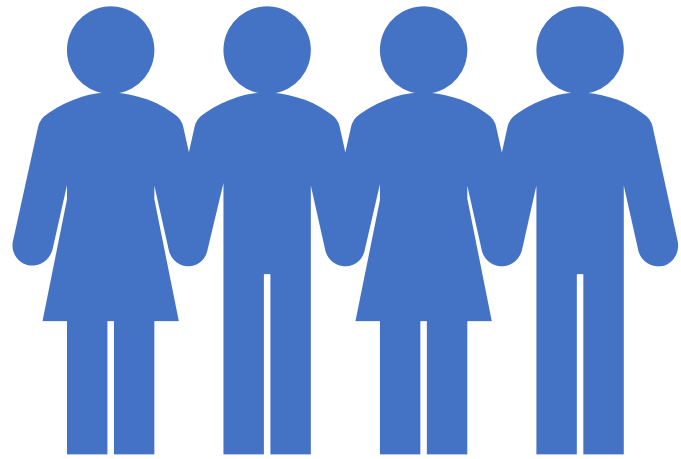


Talking Therapies



**MACMILLAN
CANCER SUPPORT**

Providing expedited and specialist psychological support to individuals with cancer



The team

- Macmillan team
- 4 psychological Wellbeing practitioners
- 2 CBT Therapists

- Long term conditions training
- Specialised clinical supervision
- Continued professional development

What do we do?



Macmillan staff (or anyone else) can refer patients to Talking Therapies which is triaged via MDT



Individual is offered an initial assessment



Clinician can recommend talking therapy or signpost/refer to relevant services

Clinical presentations

Depression

Generalised Anxiety Disorder

Health Anxiety

Obsessive Compulsive Disorder

Post Traumatic Stress Disorders

Social Anxiety

Low Self Esteem

Panic Disorder

Phobias

Body Dysmorphic disorders

Types of treatment

Low Intensity CBT – mild-moderate symptoms of anxiety or depression- guided self help e.g. worry management, activity scheduling, sleep management. (6 x ½ hour sessions)

High Intensity CBT - moderate to severe depression / anxiety disorders- 12-16 x 1 hour sessions

Other options: Counselling, Interpersonal Therapy, Eye Movement Desensitisation and Reprocessing therapy (EMDR)



Feedback

- ✓ Liaison between healthcare professionals and therapists
- ✓ Therapists had a better understanding of client's experience
- ✓ Is being offered to people who are also in remission
- ✓ Flexibility of sessions given
- ✓ Expedited delivery of care
- ✓ Offered somewhere familiar

Ongoing research Involvement

- “Emergence of obsessive compulsive disorder in cancer patients: A scoping review” - planned publication next year
- Project proposal: Evaluation study of NHS Talking Therapies and Macmillan Cancer Care pathway

References

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The background features several overlapping circles in various shades of blue and green. The largest circle is a light blue, with a medium green circle overlapping its right side, and a darker green circle overlapping its top-left corner. There are also some curved, ribbon-like shapes in blue and green extending from the edges of the circles.

Thank you!