

Trauma Service



Who is this service for?

We accept referrals for individuals over the age of 14 where trauma is a significant factor in the presentation. The presenting problem may include:

- Single episode of trauma e.g. assault, a road traffic accident, a natural disaster, rape, murder or suicide of a loved one.
- Multiple or chronic trauma e.g. those experienced by refugees or asylum seekers
- Complex trauma e.g., complicated by co-morbidity or developmental issues.

As our service covers a wide age range, people are seen by specialists in our adolescent or adult departments as appropriate.

What can we offer your patients/clients?

All of our staff have special expertise in the aftermath of trauma. We arrange for an interpreter to be present if necessary.

We offer a range of interventions including psychoanalytical approach and trauma focused CBT. Individual assessment and consultation, brief therapeutic interventions, group therapy and family therapy are offered where appropriate. People referred to the service are in the first instance usually offered a consultation plus a number of sessions. If appropriate we can offer treatment within our generic clinical services or someone may be referred for more help elsewhere.

We liaise with external agencies, e.g. when working with refugees and asylum seekers or schools / social services when working



with adolescents. This is viewed as an integral aspect of the treatment program.

The service is engaged in audit and research activities as part of best practice and is responsive to NICE guidelines.

What can we offer professionals?

The service may offer consultation to individuals or teams working with a particular traumatised patient. The service also offers organisational and individual consultations for workforce trauma called "Critical Incidents in the Workplace". In addition we are linked to a course run at the Tavistock and Portman NHS Foundation Trust "Understanding Trauma" www.tavistockandportman.nhs.uk/understandingtrauma that runs for an afternoon each week for one year and is open to a variety of professionals interested in this field of mental health. The service also offers teaching, training and supervision in trauma and working with refugees.



How to make a referral

If you are interested in referring a patient who is over 21 please call 020 8938 2209 for more information. If you are interested in referring a patient who is 21 or younger please call 020 8938 2326. 14-21 year olds can self-refer to this service without going through a health professional.

Where are we based?

We are based in Hampstead. For details on how to get to us please read the "Trauma Service - for patients" leaflet or visit www.tavistockandportman.nhs.uk/gettingtous

You can also visit our website to find out more about this service on www.tavistockandportman.nhs.uk/adultsexperiencedtrauma