

How will this service benefit my clients?

- In line with equalities legislation, our base is fully accessible with level access throughout.
- Staff in other services can access specialist training, consultation and supervision to promote a trauma informed organisation.
- We work within a wider system of mental health care and will develop clinical networks with statutory and non statutory services who work with similar populations.
- We will provide psychological assessment, formulation and phase-based therapy to those clients with CPTSD at the most severe and/or complex end of the spectrum.
- We work within a matched care model for individuals with CPTSD and additional vulnerability or complexity; for example asylum seekers or refugees, who have experienced torture, can be referred directly to the GPTS.

What interventions do you offer?

The GPTS operates as part of a whole system of care. Where a person receives an intervention it will be formulation led, dependent on the level of severity, the skill mix available within the team and supervision arrangements in place. The GPTS will provide evidence based psychological interventions as recommended by NICE, SIGN and The Matrix and other multidisciplinary interventions as appropriate.

How do I make a referral?

Referrals can be made via post or emailed to: **GlasgowPsychological.TraumaService@ggc.scot.nhs.uk**. Please note that we do not accept self referrals. In addition, referrals can be made via the SCI Gateway, under 'GGC Psychological Trauma Service'.

Glasgow Psychological Trauma Service

**The Anchor
Festival Business Centre
150 Brand Street
Glasgow G51 1DH**

Tel: 0141 303 8968

GlasgowPsychological.TraumaService@ggc.scot.nhs.uk

If you wish to discuss a referral to see if it is suitable, we would encourage and welcome a telephone consultation.

If you would like to discuss the service in more detail, please contact Dr Lisa Reynolds on 0141 303 8968.

Glasgow Psychological Trauma Service (GPTS)



Who are we?

We are the Glasgow Psychological Trauma Service (GPTS). We are a tertiary level mental health service which offers multidisciplinary psychologically informed interventions to clients who present with Complex Post Traumatic Stress Disorder (CPTSD) following experiences of complex trauma.

The GPTS have recently undergone a period of service redesign with the aim of providing more equitable, streamlined and specialist psychological care for clients across NHS GG&C who present with CPTSD following complex traumatic experiences.

This involves now having one board wide specialist service for people with CPTSD.

We will also have a role in responding to psychological trauma following major incidents.

We are a multidisciplinary service comprising of a mental health practitioner, clinical psychologists, an occupational therapist and art psychotherapists. The GPTS is led by Dr Lisa Reynolds, Consultant Clinical Psychologist.

Where are we?

The GPTS is based at The Anchor, Festival Business Centre, 150 Brand Street, Govan, Glasgow, G51 1DH. This provides a central location for staff, clients and visitors. It has good transport links, car parking and is accessible for all.

What is complex post traumatic stress disorder (CPTSD)?

CPTSD can result from experiencing complex traumatic events which:

- are often prolonged or repetitive
- involve direct harm and/or neglect and abandonment by caregivers or ostensibly responsible adults
- can occur at developmentally vulnerable times in a victim's life
- are often anticipated but the person has no opportunity to escape

Examples of complex traumatic events include childhood sexual and emotional abuse, physical abuse and emotional neglect, recruitment into armed conflict as a child, being a victim of domestic abuse, sex trafficking or slave trade, experiencing torture and exposure to genocide campaigns or other forms of organised violence.

CPTSD includes PTSD symptoms (re-experiencing, avoidance/numbing and hyper arousal) and also additional features that reflect the impact that trauma can have on a person; specifically their view of self (e.g. shame, guilt), their relationship with others (e.g. difficulty with trust or rights in relationships) and mood and emotional regulation difficulties.

Complex trauma experiences can be both a marker and cause of social inequality and therefore as a service we will continue to target populations presenting with vulnerability such as asylum seekers and refugees, homeless populations, those leaving care, female offenders or victims of trafficking.

The GPTS forms part of a whole system approach to mental health services for the adult and older adult population of NHS GGC, in addition to targeted vulnerable groups of young people. The service is delivered in conjunction with Primary Care Mental Health Teams (PCMHTs), Community Mental Health Teams (CMHTs), Child and Adolescent Mental Health Teams (CAMHs), Acute Services (Crisis / Home Treatment Services & Out of Hours (OOH) Services), specialist mental health services and a range of statutory and non-statutory services that support the delivery of care.

Who can be referred?

- People aged 16 and over, as well as unaccompanied asylum seeking children and trafficked children who are under 16
- who live in NHS Greater Glasgow & Clyde
- who have a history of complex trauma (that is **repeated interpersonal trauma, including violence, abuse or neglect**)
- **that has led to Complex Post Traumatic Stress Disorder** (i.e. PTSD symptoms **and** mood and emotion regulation difficulties and changes to people's beliefs about themselves and the world)
- **or other mental health difficulties that are severe and disabling responses to trauma** (e.g. complicated dissociative disorders, mutism, enduring personality change after catastrophic experience)