

# How Do iCope?

KINGSTON ICOPE NEWSLETTER

ISSUE 1 AUTUMN/WINTER 22

## WHO ARE WE?

Kingston iCope delivers **short-term structured psychological therapies** to adults experiencing **mild-moderate symptoms** of mental health problems including Depression and Anxiety disorders (e.g. Generalised Anxiety Disorder, Panic Disorder, Health Anxiety, Obsessive-Compulsive Disorder, Phobias and Post-traumatic stress disorder).

## REFERRAL GUIDELINES

In some cases a client's needs may fall beyond the scope of our service, in these instances a referral would be inappropriate. This includes:

- Active imminent risk of harm or neglect to self or others.
- Complex trauma/multiple incident trauma (e.g. related to historical childhood, sexual/physical abuse, torture or war)
- Severe, enduring or complex mental illness or co-occurring conditions.
- Primary presentation or severe symptoms of: Psychosis, Eating Disorder, Bi-polar, Personality Disorder or Substance dependence.



- Moderate-severe cognitive impairment (e.g. dementia) or learning disability requiring specialist support.
- Autism with high support needs.
- Receiving psychological support elsewhere
- Not registered with a GP in Kingston borough



## HOW TO REFER

Clients can complete a self-referral form found on our website: or call us on: **020 3317 7850**.

Alternatively GPs can refer on behalf of their patients.

## What We Do:

# INDIVIDUAL TREATMENT

At iCope, we offer a range of evidence-based psychological treatments that have been recommended for the NHS. By collaboratively exploring client's difficulties during an initial assessment therapists and clients can work together to find a suitable treatment option.

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## WHAT INDIVIDUAL TREATMENT OPTIONS ARE THERE?

**Online Therapy (Silvercloud or IESO)** – Silvercloud offers a range of modules via an online platform, enabling you to access therapy in your own time. Following your assessment, a specific module will be chosen based on your needs, these cover difficulties such as Stress, Depression, Worry Management and Sleep Hygiene. IESO is a text-based therapy option, providing one to one therapy with a clinician at a regular, scheduled appointment time.

**Guided Self Help** – Four to six sessions (30 minutes per session). These can be offered either over the telephone or face to face. These sessions aim to provide you with tools and techniques to help you manage your difficulties on a one-to-one basis. Guided Self Help is suitable for mild to moderate difficulties such as low mood, worry and panic.

**Individual Therapy** – We offer a range of individual therapies including Cognitive Behaviour Therapy, brief Psycho-dynamic psychotherapy, Behavioural Couples Therapy and EMDR (Eye Movement Desensitisation and Reprocessing).

**Non Cognitive Behavioural based Therapies** – We do offer a small provision for non Cognitive Behavioural Therapies which focus on developing the understanding of the persons difficulties, relationships and patterns. These therapies are time limited, focussed talking therapies and include IPT, DIT, CfD and Brief psychodynamic Counselling.

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Read more about the different therapeutic approaches on our website:  
<https://www.icope.nhs.uk/kingston/what-we-offer/>

Kingston iCope offer a range of group therapy options which are primarily based on Cognitive Behavioural Therapy and designed to teach participants tools and techniques to manage their symptoms more effectively.

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## WHAT GROUPS DO WE RUN?

- Feeling Good Group
- Stress and Worry Management Course
- Overcoming Low Self-Esteem Course
- Mums In Mind Group
- Understanding Depression Group
- Living With Pain Group
- Living With Long Covid Group

“ THIS PROGRAMME HAS BEEN AMAZING, IT'S HELPED ME TO UNDERSTAND HOW I'M PROCESSING SITUATIONS, HELPED ME LET GO OF PREVIOUS THOUGHTS AND EMOTIONS. IT'S ALSO GIVEN ME THE TOOLS TO NAVIGATE CERTAIN SITUATIONS THAT THEN MEAN THERE IS A BETTER OUTCOME. IT'S REALLY HELPED MY RELATIONSHIP WITH MY PARTNER ”

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## WHAT TO EXPECT IN A GROUP

Our groups are facilitated by two therapists and typically run for 6 - 8 weeks with each session lasting 1.5 - 2 hours. There are usually between 10-20 people and all our groups are currently run online. All group members are expected to adhere to group rules and maintain confidentiality to ensure a safe and supportive space for all.

# What we do:

## CURRENT GROUPS



### BUT WHY GROUPS?

- Group-based CBT can be as effective as individual in improving symptoms including anxiety and depression.
- Longer sessions and regular groups mean more clinical contact time and lower waiting times
- Provides an opportunity to learn from others and feel less alone

### FEELING GOOD GROUP

The Feeling Good Group is a 6-week course that aims to equip clients with practical tools to help them understand and manage their emotional well-being, with a focus on overcoming stress, anxiety and low mood. The group promotes peer support and discussion, whilst emphasising respect for personal boundaries - so there is never pressure to contribute more than you are comfortable with. We explore a range of topics including managing worry, changing unhelpful behaviours, and thought challenging and relaxation techniques

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### MUMS IN MIND

Pregnancy and the period after childbirth can bring a range of emotional changes and adjustments which can feel overwhelming and isolating; our 7-week Mums in Mind group is designed to provide a nurturing supportive space for mums to navigate and overcome these challenges. The group aims to equip mums with practical tools to alleviate emotional difficulties associated with post-natal depression/anxiety, and emphasises the importance of re-establishing a sense of balance and self-compassion to promote maternal wellbeing.





## BALANCE: WHO ARE WE?

Balance work with Kingston iCope to help people experiencing mental health difficulties navigate work related difficulties. We offer an impartial, supportive and confidential approach to help people:

- Find work
- Return to work
- Retain employment



## COST OF LIVING/EMPLOYMENT

Our finances and mental well-being are closely linked, and recent findings show that people with mental health problems are nearly twice as likely to feel unable to cope due to the rising cost of living. The below resources provide useful information for practical, financial and well-being support:

- General employment advice <https://www.acas.org.uk/advice>
- Work and wellbeing <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/>
- Returning to work after sickness absence <https://www.acas.org.uk/absence-from-work/returning-to-work-after-absence>
- Find out if you're entitled to benefits <https://www.gov.uk/browse/benefits>  
Checking entitlements <https://benefits-calculator.turn2us.org.uk/?gclid=CjwKCAjw4c-ZBhAEEiwAZ105RaGb28NooeREXvdSAeyBchcB3IGStgDT->
- Managing money in uncertain times <https://maps.org.uk/>
- RBK cost of living support info <https://www.kingston.gov.uk/costoflivingsupport>
- The GLA Cost of Living online hub <https://www.london.gov.uk/what-we-do/communities/help-cost-living>



## HOW TO REFER TO BALANCE

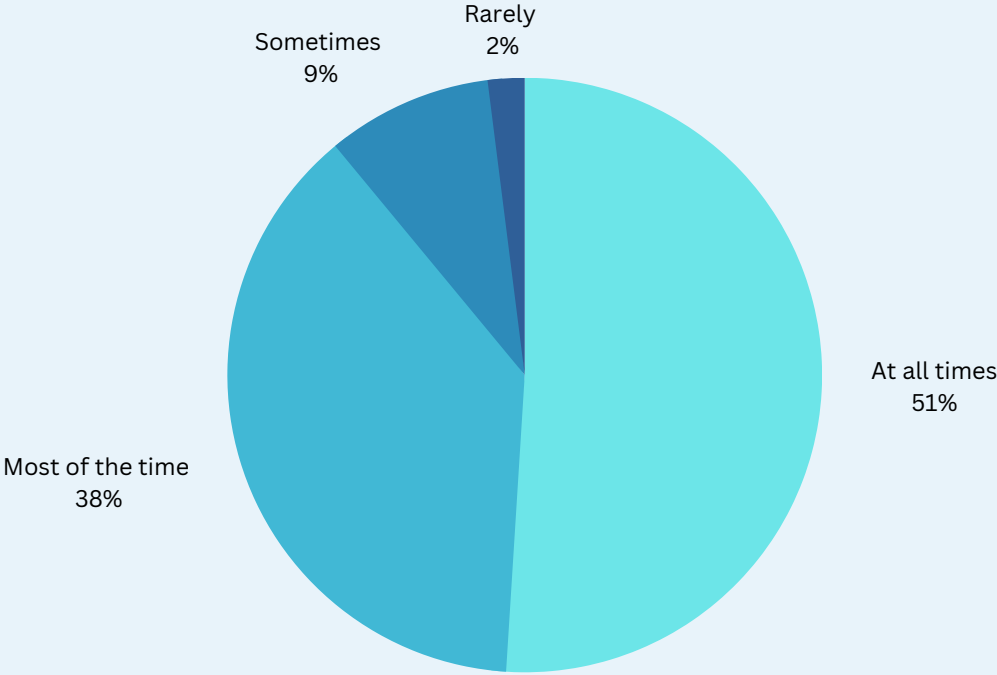
If you are self referring to iCope you can indicate that you would like our support on the referral form, alternatively please speak to your iCope therapist and they will refer you to Balance.

# Have your Say:

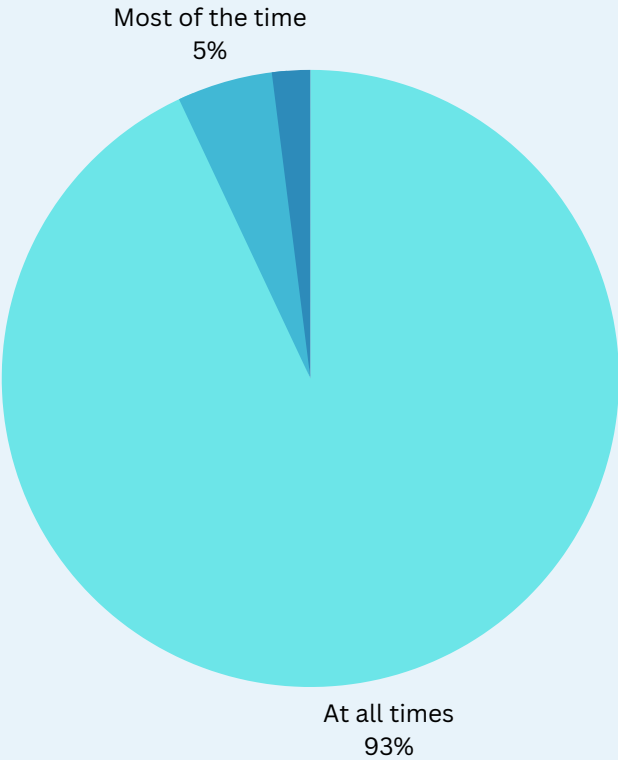
# CLIENT EXPERIENCES

At iCope, we strive to ensure the continual improvement of our services, and it is vital that our client's views and needs are central to this. We regularly collect feedback as part of our Patient Experience Project and have included some findings from our July-August 22 report below.

*" Do you feel that the service has helped you to better understand and address your difficulties? "*



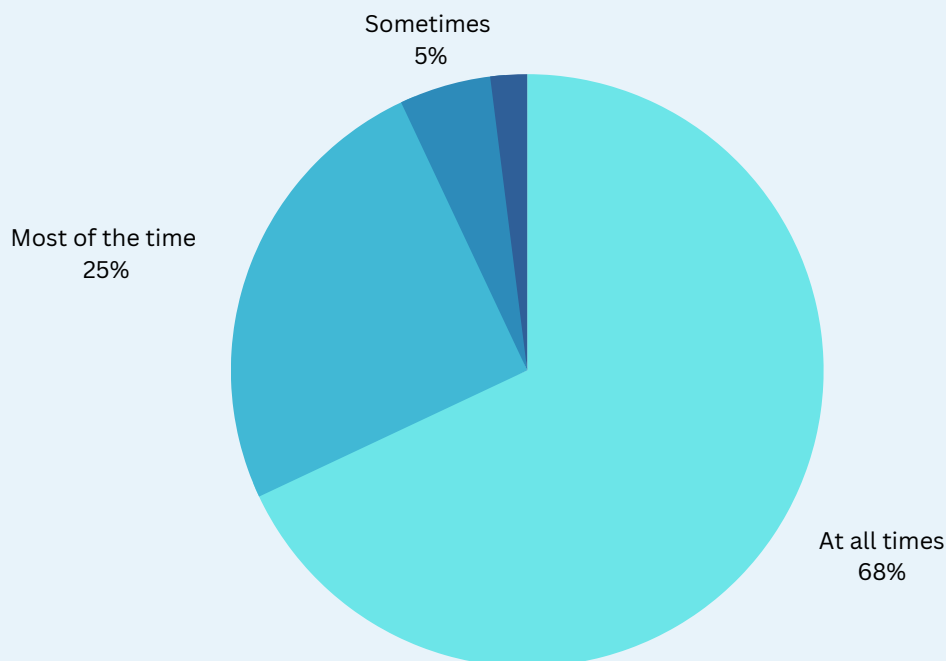
*" Did staff listen to you and treat your concerns seriously? "*



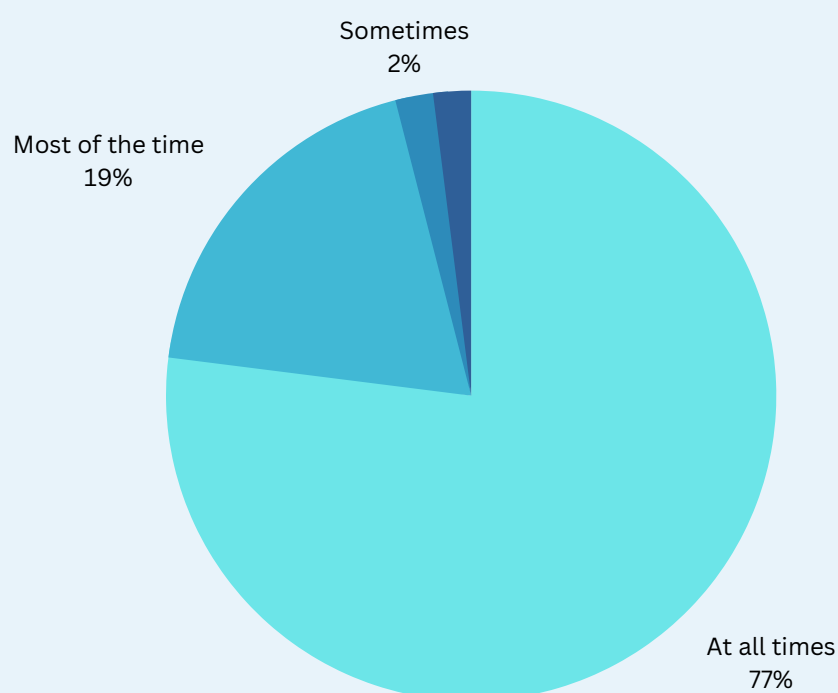
Have Your Say:

# CLIENT EXPERIENCES

*" Did you feel involved in making choices about your treatment and care? "*



*" Did you have confidence in your therapist and their skills and techniques? "*



“THE SESSIONS GAVE ME TOOLS THAT I'D NEVER THOUGHT OF USING BEFORE, AND JUST HAVING SOMEONE TO TALK TO AND DISCUSS HOW I'VE FELT HELPED. HAVING SOMEONE TO GUIDE ME AND HELP ME TAKE A STEP BACK AND BREAK EVERYTHING DOWN HAS HAD A POSITIVE IMPACT.”

## THE WINTER BLUES

As the days shorten and temperatures plunge many of us may notice changes in our mood. For some, these seasonal shifts have a profound impact which limits the ability to function. If you notice persistent feelings of low mood, alongside symptoms such as a loss of interest in doing things, feelings of despair, lethargy and sleep issues, then you may be experiencing winter blues, also known as Seasonal Affective Disorder (SAD) - thought to affect around 2 million people in the UK. Light therapy along with traditional treatments for



depression such as talking therapy and medication can help combat SAD. If you are struggling it can also be helpful to use the "BACES" framework to develop a holistic routine of self-care which enhances your wellbeing.

## COVERING ALL BACES: THE IMPORTANCE OF BALANCE



### BODY

Physical and emotional wellbeing are closely linked, so it's important to look after our bodies, this includes getting enough sleep, exercising regularly and being mindful of how much alcohol we drink.

### ACHIEVE

Doing things that bring a sense of achievement and purpose gives our brains a boost of feel-good chemicals such as dopamine and serotonin. It is helpful to plan realistic and achievable goals everyday whether these relate to doing chores or something we enjoy - every little helps!

### CONNECTION

Socialising can feel daunting and draining when we're low, however connecting and helping others can boost our mood by providing a dose of oxytocin. Setting goals to message a loved one, join a support group or even smile at a neighbour can make us feel more connected to the world around us.

### ENJOYMENT

When we're low and feel like we only have so much to give even the "fun" things are a chore. We may prioritise the "need to do" whilst neglecting our wants, but by depleting ourselves without making time for enrichment our mood will worsen. Whether it's watching your favourite TV show or getting back into an old hobby, embedding small pockets of enjoyment in our day-day lives enhances wellbeing by providing a sense of satisfaction and pleasure.

### STEP BACK

When we're emotional it is easy to get caught up in our feelings and miss the bigger picture. Sometimes it is helpful to take a step back and try to regain some perspective. Ask yourself:

- Is this thought a fact or an opinion
- What is another way of looking at this situation?
- What advice would I give a friend?