



# Women's Psychosocial Manualised Treatment Programme

Developed by  
St Andrew's Healthcare

**An innovative gender specific  
treatment programme offered  
throughout St Andrew's Healthcare  
Women's Service**



## About Psychosocial Manualised Treatment for Women

Female Mental Health patients are a select group presenting exceptional clinical and behavioural challenges along with highly complex treatment requirements. In response to these variances St Andrew's Healthcare has developed a unique Psychosocial Manualised Treatment Programme that analyses the core needs of women admitted to secure settings and offers a wide range of treatment interventions; modified to ensure that they are gender specific and gender sensitive.

There are 15 manuals that have been developed to follow a common model - including a manual, PowerPoint presentations with group leader notes, handouts and homework - which patients can work through in and outside of treatment sessions.

### How the Manualised Treatment Programme works

Patients are selected for Cognitive Behavioural Treatment (CBT) groups on the basis of treatment need and readiness to engage in treatment. Prior to their first

group session each patient is given an individual orientation and information giving session to explain about their manualised treatment. Each group also has 'before' and 'after' outcome measures that assess the effectiveness of the delivered content and of the treatment on both the group and each individual.

Key treatment groups are formed around core and non-core treatments. Groups suitable to all patients include manuals such as Dealing with Feelings, Social Problem Solving, Getting the Most from your Treatment, Developing Social Confidence, Life Skills and Interpersonal Effectiveness. The non-core treatments, developed specifically for significant groups of patients, tackle issues such as Understanding and Overcoming Substance Misuse, Overcoming Social Anxiety, Understanding Personality Disorder, Living with Mental Illness and Improving Body Image.

All groups are run by our trained in-house CBT Therapists and Psychologists with co-facilitation from the Multi Disciplinary Team. Each group facilitator undergoes thorough training to enable them to run

CBT groups effectively and to ensure that they have in-depth knowledge of the subject matter. The Treatment Integrity (the extent to which the treatment follows an agreed protocol and content) is monitored and the outcome of each group is evaluated both on an individual and group level. Patients are encouraged to attend Individual 'between group' sessions to ensure that they have a thorough understanding of the contents of each group, are supported with any homework assignments and that they can see the relevance of the intervention to their specific needs and goals.

## Research background

A Cognitive Behavioural approach is the corner stone of interventions with forensic female patients. The development of the Women's Service Psychosocial Manualised Treatment Programme has been conducted hand-in-hand with an evaluation strategy and the progress assessed through secure settings at an individual and group level. The research programme is ongoing in conjunction with Clive Hollin, Professor of Criminological Psychology of the University of Leicester to continually evidence success and grow the approach.

## Evidence based outcomes

A series of research papers have been published in scientific journals since 2008 documenting the development of the programme, evaluation strategy, overall effectiveness of the treatment package and the benefits of the individual group treatments.

St Andrew's Healthcare Women's Service has evidenced a programme that has shown highly significant clinical improvements on measures of self-harming, anxiety, coping skills, reduction in negative moods, and aggression following treatment. The programme has also had significant impact in the length of stay for women in medium secure settings with the average length of stay at 19.6 months.

In a study completed with 68 admissions, 86.7% of patients were discharged to low secure settings. At 1 year after discharge from medium security 71.5% were on an open unit and at 2 years after discharge from medium security 57.2% were in the community or in a group home (Long et al, 2008).



## Lead Authors

### **DR CLIVE LONG**

#### **Associate Director of Psychology and Psychological Therapies, St Andrew's Healthcare**

Dr Clive Long is the Associate Director of Psychology and Psychological Therapies at St Andrew's Healthcare, Northampton and Visiting Senior Lecturer at the Institute of Psychiatry, King's College, London. Dr Long has lead responsibility within the Charity for delivering effective evidence-based psychosocial treatment programmes. As Lead Psychologist in the Women's Service he has led on a project to develop a gender sensitive series of treatment manuals designed specifically for women in secure psychiatric settings. Dr Long is also a member of the Outcome and Activity Measures Working Group of the Quality Network for Forensic Mental Health Services.

### **BARBARA FULTON**

#### **CBT Therapist, St Andrew's Healthcare**

Barbara is a Senior Specialist Cognitive Behavioural Therapist who works within the Women's Service at St Andrew's Healthcare, Northampton. In her role Barbara is involved in the development, maintenance and delivery of the cognitive behavioural based suite of groups and she also provides specialist individual Cognitive Behavioural Therapy for women who present with complex needs including dual diagnosis and personality disorder. Barbara is involved with staff support, training and research. She has also published as a co-author a number of clinically focused papers and spoken at national conferences about gender specific treatments.

## Consultant

### **PROF CLIVE HOLLIN**

#### **Professor of Criminological Psychology, University of Leicester**

Professor Clive Hollin is based in the School of Psychology at The University of Leicester, UK. His specialist field is the design, implementation, and evaluation of evidence-based interventions to be delivered within large organisations. He has worked as a consultant with several government bodies – including the Home Office and the Scottish Prison Service – in the development of interventions to be delivered on a large-scale. In all, he has published 21 books, alongside over 300 other academic publications, and in 1998 he received from The British Psychological Society the Senior Award for Distinguished Contribution to the Field of Legal, Criminological and Forensic Psychology.

To find out more about Women's Psychosocial Manualised Treatments at St Andrew's Healthcare or to request research papers visit:

[www.stah.org/manualisedtreatments](http://www.stah.org/manualisedtreatments)

If you would like more information about our Women's Service or to make a referral please call the Admissions Team on:

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