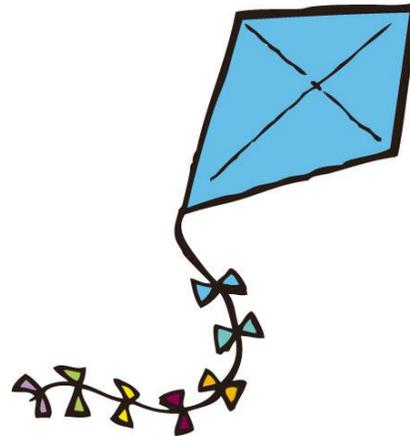


Confidentiality

Confidentiality is very important to us and can be discussed at any time with your therapist.

Records of your treatment will be stored electronically. Only staff within the IAPT Team will be able to access these unless you agree to share them with others e.g. your GP practice. Permission for any sharing of records will be discussed with you.

However, as for all the NHS, specific information may need to be communicated to other professionals (even if you don't want us to) should there be risk of harm to yourself or other people, issues of protection to children or vulnerable adults, or threats to the State.



Contact Information

District South IAPT Service
The Ridge Medical Centre
Cousen Road
Off Great Horton Road
Bradford
BD7 3JX

Tel: 01274 425683

We are staffed Monday to Friday 9am to 5pm. You can leave a voicemail out of these hours, and someone will call you back as soon as possible.

StressPac Course Information Leaflet

IAPT

Improving Access to Psychological Therapies

What Is StressPac?

StressPac is a self-help, anxiety management manual written by clinical psychologist Dr Jim White. It is based on cognitive-behavioural therapy (CBT) principles, focussing on how our thoughts, actions and feelings behavioural affect each other.

You will be provided with a pack of informative written material, covering topics such as:

- The nature and role of stress and anxiety
- Understanding what causes and maintains stress and anxiety
- Controlling physical symptoms, thoughts and behaviours
- Problem solving, goal setting and time management
- Coping with common problems such as disturbed sleep and panic attacks

The information is easy to read and includes interesting case studies, homework exercises, worksheets and a relaxation CD for home use.

What Does It Involve?

We offer StressPac in a class format:

- Sessions are run once a week for 6 weeks
- Each session lasts two hours with a short break
- The sessions are run on a large scale with 20-30 people attending at a time
- Sessions are based around information-giving, with no individual contributions required from those attending
- The choice of venue aims to enable people to feel as comfortable as possible
- Refreshments are available during the break
- Each session is run by two or three mental health professionals with CBT training
- Each patient receives a personal copy of StressPac information with their own relaxation CD
- Attendees are encouraged to complete small amounts of 'homework' for personal reference
- Patients are asked to bring a pen and reading glasses if required to sessions

How do I attend the course?

If you are interested in attending, then please call 01274 425683 and tell the admin worker you are self-referring for the StressPac course

The admin worker will then collect some information from you. Please note that records around you and course attendance will be stored electronically. This will be discussed in more detail with you at the first session of the course.

You will then receive a letter detailing the time and date of the course and venue details. If you cannot attend this group then contact the office for details of other course dates