

NHS Lanarkshire Psychological Services provide clinical and consultation services to approximately 700,000 people of North and South Lanarkshire. The Service comprises of around 200wte clinical staff from a range of professions. There are Clinical and Counselling Psychologists, Senior Psychological Therapists, Clinical Associate's in Applied Psychology, Therapeutic Counsellors, and Assistant Psychologists. Together, these clinicians provide a wide range of psychological interventions, across the spectrum of needs, within a variety of community and hospital settings.

The Director of Psychological Services is Professor Patricia Graham. We have a CORE management team comprising of a small group of consultants that oversee the strategic direction of all the psychological services. In addition, there is at least one further consultant in each service responsible for service delivery and operational management.

NHS Lanarkshire has a mix of urban and rural areas. Service provision is divided into 10 locality areas. There are Psychological Therapies Teams (PTTs) in all 10 localities in addition to many specialist pan-Lanarkshire services. Due to the large geographical area of the board having access to a car during clinical training is easier, however, some trainees have completed training using public transport alone.

SERVICE COMPOSITION

Services are provided in the following areas:

Psychological Therapy Teams (PTTs)

There are Psychological Therapy Teams (PTTs) in each of the 10 localities in Lanarkshire, providing a variety of individual and group therapeutic approaches for adults with mental health difficulties that are having a significant impact on their functioning. Clinicians within the PTTs are highly skilled in a variety of therapeutic models, including CBT, EMDR, CFT, Schema Therapy, and mindfulness. The PTTs work in association with other disciplines within the CMHTs, including psychiatry, nursing, and occupational therapy. A stepped care approach to delivering evidence-based therapies is utilised, enabling individuals to step up or down within the model according to changing need and in response to intervention.

Primary Care Psychology

Primary Care Psychology is a developing pan-Lanarkshire service with a focus on delivering population level early interventions (e.g. Stress Control). The service also offers focused individual interventions for people experiencing mild to moderate mental health problems, including guided self-help and high intensity CBT.

Adult Inpatient Psychology

The service provides psychological input to the four adult psychiatric wards, Intensive Psychiatric Care Unit (IPCU), the specialist psychiatric rehabilitation unit and the community rehab team. The main focus of the direct psychological work is assessment and formulation to guide care and discharge planning. The indirect work involves consultation, training and providing a psychological perspective on care to the whole of the MDT.

Psychological Therapies for Older People (PTOP)

The service exists to address the psychological needs of individuals presenting with emotional distress, behavioural disturbance and mental health difficulties predominantly related to issues associated with ageing. This includes complex physical health issues affecting mental health, complex or multiple loss, trauma, role transitions associated with ageing, and cognitive impairment. The service offers neuropsychological assessment to aid diagnosis of organic illness, assessment and intervention of complex distressed behaviours in dementia, and evidence-based psychological therapies (e.g., CBT, IPT, CFT, ACT, and Schema Therapy) delivered on a one-to-one or group basis. It provides input across multiple health and social care settings, including acute and community.

Psychological Services for Adults with Learning Disabilities (PSALD)

The department provides community based clinical input and psychological services to the NHS Lanarkshire multi-disciplinary community learning disability health teams and an inpatient assessment and treatment unit. The department has a major role in providing autistic spectrum disorder services and forensic services to adults with a Learning Disability, in both community and inpatient settings. The Learning Disability Service's central base houses a variety of specialists including speech and language therapy, psychiatry, physiotherapy and occupational therapy – providing ample opportunity for collaborative working with persons from other disciplines. The department has close links with our counterparts in the CAMHS-LD Service.

Adult Neurodevelopmental Service (ANDS)

The Adult Neurodevelopmental Service (ANDS) is able to offer an advanced practice clinical placement for Trainee Clinical Psychologists completing their final, 3rd year of training. It is a small, newly formed multi-disciplinary service established in August 2024. The current focus of the service is on autism diagnostic assessment and support.

Tertiary Eating Disorder Specialist Service (TESS)

TESS is a multi-disciplinary team, providing a pan-Lanarkshire service to adults with severe eating disorders resulting in complex needs. There are also adapted referral criteria for young people to minimise the harm that can be caused to their development, to capitalise on better treatment outcomes shown to occur from early intervention, and to offer specific treatments to meet the needs of those in late adolescence. There are opportunities for individual case work, multi-professional working, group interventions, working with carers/families in addition to teaching/training other professionals.

Addiction Psychology Service (APS)

The Addiction Psychology Service (APS) is a Lanarkshire-wide service, with bases within locality addiction teams across Lanarkshire. The APS has developed a model of service based on direct client contact, consultation, training, supervision, and support. A range of psychotherapeutic approaches are utilised, including CBT, Compassion-Focused Therapy and Schema Therapy. Further specialist addiction neuropsychological assessment is also available.

Clinical Health Psychology

The service is located within our acute hospitals and work with patients in Lanarkshire who have a long term health condition offering both individual and group therapeutic work. In addition to long-term conditions and multi-morbidity, we have specialist services in Pain Management, Blood-Borne Viruses (BBV), and Weight Management, offering assessment and rehabilitation services.

Forensic Clinical Psychology Service

The service is based in Hamilton and comprises a mixture of inpatient (low-secure) and community working across Lanarkshire, as well as psychological therapies within HMP Shotts. Primarily, patients have a severe and enduring mental illness and usually a forensic history. Therapeutic work includes group-based interventions as well as formulation-driven individual work that might include interventions for psychosis, personality disorder or offence-focused work.

Neuropsychology, including the Stroke Psychology Service and Brain Injury Rehabilitation Service

The Neuropsychology Service is a pan-Lanarkshire service providing assessment, therapy and rehabilitation for patients with organic and functional neurological disorders. The Stroke Psychology Service and Brain Injury Rehabilitation Service provide similar input to their respective clinical populations as part of integrated rehabilitation MDTs. All these services provide training and consultation to acute and mental health services throughout Lanarkshire.

Perinatal Psychology

Perinatal Psychology works with women in the perinatal period who have complex and/or severe mental health difficulties. It is part of the Community Perinatal Mental Health Team (CPMHT) and is based in Coatbridge. This multidisciplinary team covers all of Lanarkshire and includes Psychiatry, Nursing, Social Work, Occupational therapy, Parent-Infant Therapy and Nursery Nursing. Perinatal Psychology provides psychological assessment and intervention, including CBT, CFT, Schema Therapy, EMDR, ACT, and mindfulness. It also provides consultation and training.

Maternity and Neonatal Psychological Interventions (MNPI) Service

This service is based in University Hospital Wishaw, and provides a Lanarkshire wide service. It is led by a Consultant Clinical Psychologist, 2 Clinical Psychologists an Advanced Specialist Midwife in Perinatal Mental Health, and a Therapeutic Counsellor. The main remit is to provide support to parents with complex needs arising from pregnancy or previous pregnancy complications. Psychological interventions, bereavement counselling, specialist midwifery interventions and support are provided for antenatal, neonatal and postnatal parents up to 1 year post-natal. Common presentations include Antenatal Anxiety and Low Mood in relation to a previous loss or traumatic birth; Antenatal Anxiety and Low Mood in relation to pregnancy or maternity care (e.g. procedural distress, Tokophobia); Acute Stress Response from parents in the Neonatal Unit; Post-natal low mood, anxiety and Post-traumatic stress where there is Birth Trauma (including PTSD), Traumatic Grief.

EVA (End Violence and Abuse against women) Psychology

Based in Coatbridge, but working across Lanarkshire, EVA Psychology is NHS Lanarkshire's specialist gender-based violence psychology service. EVA Psychology offers psychological assessment and therapeutic interventions on an individual and group basis, for women who have experienced adult interpersonal trauma. The service also provides training to other services and agencies, as well as offering information and advocacy. EVA Psychology provision is informed by gender analyses of violence against women, which includes cultural norms, societal attitudes and gender roles that contribute to the subordination of women and girls; GBV being a function of gender inequality.

Child, Adolescent and Family Services, including the Neurodevelopmental Service (NDS) for Children and Young People

There are four multi-disciplinary locality CAMHS teams and a number of area wide specialist teams. These are including Reachout (providing a service to infants, children and young people whose lives are affected by parental mental illness) CUIT (CAMHS Urgent Intervention Team), CITT (CAMHS Intensive Treatment Team), Nursing Outreach, The Neurodevelopmental Service for Children and Young People, Learning Disabilities CAMHS team, CCEYP (CAMHS for Care Experienced Young People), and Paediatric Psychology and Neuropsychology. A new area wide CAMHS Eating Disorder Service is currently being developed. Specialist placements are offered across the service. Multi-disciplinary teams generally consist of Clinical Psychologists, Clinical Associates in Applied Psychology, Child and Adolescent Psychiatrists, Child and Adolescent Mental Health Clinicians and Social Workers, in addition to area wide AHP provision including Speech and Language Therapists, Physiotherapists and Occupational Therapists. CAMHS teams are based across three locations; Airbles Road Clinic in Motherwell, Coathill Hospital in Coatbridge and new facilities in Udston Hospital, Hamilton. The service places strong value on training and CPD, and CAMHS staff deliver a range of therapeutic approaches in line with the evidence base, including CBT, DBT, FBT, IPT, DDP and Family Therapy.

The NDS for Children and Young people is an assessment service for neurodevelopmental conditions including ASD and ADHD. The service is split between Newmains Health centre, Newmains (for North Lanarkshire) and Udston Hospital, Udston (for South Lanarkshire). The service places value on providing comprehensive neurodevelopmental assessments plus resources for families awaiting assessment and those post-diagnostic in order to support them with the challenges they face.

Both CAMHS and NDS are multi-disciplinary teams consisting of Clinical Psychologists, Clinical Associates in Applied Psychology, Child and Adolescent Psychiatrists, Child and Adolescent Mental Health Clinicians, Mental Health and Paediatric Nurses, and Social Workers, in addition to area wide AHP provision including Speech and Language Therapists, Physiotherapists and Occupational Therapists.

CAMHS-LD

CAMHS-LD is a multi-disciplinary service offering assessment and support/intervention for children and young people with moderate to profound Learning Disability who are also experiencing significant difficulties in respect of their mental health and/or distressed and dysregulated behaviours. The team works with children and young people aged from 5 to 18. Trainee Clinical Psychologists would be offered opportunities to work systemically within a variety of contexts including clinics, family homes and schools, often within the framework of Positive Behaviour Support. Opportunities for facilitating group-work are also available.

Digital Psychological Services

Digital Psychological Services is an embedded department working with a wide variety of stakeholders within and out with NHS Lanarkshire Psychological Services. Its aim is to help implement digital and technological developments in order to improve access to high-quality, trustworthy psychological resources for the potential benefit of everyone in Lanarkshire.

Psychological Services Staff Support Team (PSSST)

The Psychological Services Staff Support Team (PSSST) provide expert psychological care for Lanarkshire's health and social care (H&SC) workforce. PSSST have a One-to-One Service, providing a high intensity clinical service for staff with mental health difficulties caused by or impacting work; work in consultation with managers and Occupational Health to identify reasonable adaptations to support mental health and wellbeing at work, to prevent sickness absence or facilitate early return to work; and a Consultation and Teams Service which works in collaboration with managers, teams, services and other organisational supports to promote workforce wellbeing through bespoke psychologically informed systemic interventions.

PLACEMENTS OFFERED

We are the only healthboard in Scotland to offer placements to Trainee Clinical Psychologists from both the East and West of Scotland Clinical Doctorate programmes; the MSc in Psychological Therapies in Primary Care; and the MSc in Applied Psychology for Children and Young People. We also offer placements to trainees on the Glasgow Caledonian University Doctorate in Counselling Psychology.

TEACHING, TRAINING AND RESEARCH ACTIVITIES

Staff within Psychological Services have close links with Glasgow, Edinburgh, Strathclyde, Caledonian, and Stirling universities, and the service provides encouragement, consultation and support for psychology staff and trainees planning and conducting research. We have a Consultant Clinical Psychologist who undertakes the role of research lead. We are actively involved in developing research proposals for trainees. We have a major commitment to teaching on all the courses from which we take trainees. Staff also provide teaching and clinical training to a variety of other professionals and staff, including nurses, health visitors, GPs, trainee psychiatrists, junior medical staff, care provider staff, adoptive and fostering parents, social workers, midwifery staff and allied health professionals.

For further information, please contact:

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