

THE DEVELOPMENT OF EVIDENCE BASED TRAUMA THERAPY PROVISION IN A CHILD AND ADOLESCENT MENTAL HEALTH SERVICE IN ABUHB, FACILITATED THROUGH A CAMHS TRAUMA FORUM AND TRAUMA TEAM

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BACKGROUND

- In 2018, funding was made available for a number of CAMHS practitioners to train in the evidence-based psychotherapy eye movement desensitisation reprocessing (EMDR) for the treatment of PTSD in children and young people.
 - Prior to 2018, EMDR was not regularly provided in CAMHS.
 - Over the last 3 years EMDR provision has grown and there are now 3 psychiatrists, 4 Child Clinical Psychologists and 3 Community Psychiatric Nurses trained in EMDR in CAMHS.
 - A further 7 CAMHS staff are being trained in 2022. There is access to regular adult EMDR supervision, child EMDR supervision and 3 CAMHS practitioners are pursuing accreditation status. Outcome measures are established.
 - In 2021 the service successfully bid for training in cognitive therapy for PTSD (CT-PTSD).
 - In addition to EMDR, several clinicians can now provide CT-PTSD and trauma focussed cognitive behaviour therapy (TF-CBT); regular supervision is established.
- The growth of evidence-based trauma therapy provision, provision of training, purchase of EMDR equipment and regular supervision has been facilitated through the 'CAMHS Trauma forum'.

METHOD

- The CAMHS trauma forum meets monthly.
 - Membership comprises Psychiatrists, Psychologists, Community Psychiatric Nurses and Trainees.
 - Members come from different parts of the service and from different teams.
 - Forum agenda items include discussing evidence-based practice presenting journal clubs, discussing trauma outcome measures, supervision and training.
 - Traumatic Stress Wales updates and external speakers are regularly invited. The growth of the virtual team has been an iterative process.

RESULTS & CONCLUSION

- The provision of evidence based trauma therapy in CAMHS
- The routine use of trauma outcome measures and supervision for staff is now established and growing in CAMHS in ABUHB.

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