

FOI 3413

10th November 2025

FREEDOM OF INFORMATION ACT 2000 – INFORMATION REQUEST

Under the FOI Act 2000, I would be grateful if you could provide the following information relating to the delivery of CBT within your Trust.

1. Practitioners Providing CBT

• How many practitioners are currently providing NICE-recommended CBT within your Trust?

• Please provide a breakdown of these practitioners by:

- Service area & Professional Background

How many are fully accredited with the BABCP?

Response:

- There are 34 qualified CBT Therapists providing NICE recommended CBT in SHSCT
- CBT therapist's work within Mental Health & Disability Directorate,
 - 10 in Steps to Wellness
 - 14 in CBT service
 - 2 in Condition Management Programme
 - 4 in Regional Trauma Network
 - 4 in the Adult Eating Disorders Service
- 16 have a background in mental health nursing, 14 miscellaneous backgrounds, and 4 allied health professional background
- 29 CBT Therapists are fully accredited with BABCP and 2 accredited with BACP

2. Compliance with NICE Guidance

• How does the Trust ensure compliance with NICE-recommended treatments for common and severe mental health problems, specifically in relation to the delivery of CBT?

• Please include any policies, clinical governance frameworks etc used to monitor adherence to NICE26

Response:

- All CBT therapists attend monthly clinical supervision, where fidelity of condition specific treatment model is reviewed in keeping with adherence to NICE clinical guidelines

- All CBT therapists attend operational supervision monthly where a case load analysis is presented and reviewed.
- Regular attendance at CPD events
- CBT therapists are expected to maintain accreditation and evidence the same
- CBT staff actively participate in completion of Baseline Assessment Tools (BAT) of relevant NICE Clinical Guidelines for Mental Health conditions in collaboration with Mental Health Governance Team and the wider Mental Health Teams.
- Post-traumatic stress disorder: management, Clinical guideline, Reference number:CG26 has been replaced by Post-traumatic stress disorder NICE guideline, Reference number:NG116, and as above BAT are completed for relevant NICE CG
- CBT-E as per eating disorders: recognition and treatment- NICE Clinical Guideline NG69

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