Psychological therapies (sometimes referred to as ‘talking therapies’) offer a chance for patients to explore difficulties in a safe and confidential setting. The therapy is delivered by a qualified professional, working in partnership with a patient to help them better understand feelings that arise from their past experiences, and attitudes towards them. Evidence suggests these therapies can make a big impact on psychiatric patients current and future wellbeing. However, they are a challenge to deliver in inpatient environments due to the short-term nature of many inpatients’ stay, added to the complex needs they often present with.

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In newly published research, Lisa explored the adaptations required to deliver psychological
therapies to this population from the perspective of inpatient psychological practitioners. Through interviews with inpatient psychological practitioners, Dr Wood and her research team sought the adaptations required to deliver psychological interventions in this context.
Read the paper


Psychologists’ Perspectives on the implementation of Psychological Therapy for Psychosis in the Acute Psychiatric Inpatient Setting.

Wood L Williams C Billings J Johnson S