

CLINICAL PSYCHOLOGY SEMINAR

to be held in the
Lecture Theatre
Department of Psychology, University of Sheffield

Tuesday 6th December 2005

4.00 - 5.00 pm

Professor Neil Frude

Consultant Clinical Psychologist, Cardiff and Vale NHS Trust

A Primary Care Based Mental Health Book Prescription Scheme

Neil Frude will consider the challenge of making psychological, as well as pharmacological, therapy available to the vast majority of people with mental health problems who are treated entirely within the primary care context.

Book Prescription Wales is a scheme that allows GPs and others to prescribe high quality books that offer effective self-help treatment for common mild to moderate mental health problems, including depression, anxiety, stress, panic, obsessional problems and eating disorders. Research evidence indicates that 'bibliotherapy' can be highly effective and many books present self-help adaptations of established clinical treatments.

The first scheme was launched in Cardiff in 2003 and similar schemes have now been introduced in many parts of the UK. Some of these are supported by a number of contact sessions with a professional, but many are 'stand alone' schemes.

The extremely low cost of the scheme ensures that it is highly cost-effective and indeed it is expected to lead to substantial cost-saving. The scheme encourages active patient self-management, and may provide an effective template for similar schemes that could increase effective self-care across many areas of mental and physical health.

Neil Frude is a Consultant Clinical Psychologist, a Fellow of the British Psychological Society and Research Director of a Clinical Psychology Training Course. He is the author of a number of books and in 2004 he presented his own one-man show 'The Language of Love and Lust' for sixteen nights at the Edinburgh Fringe.

This seminar is open to members of the University and all interested NHS staff.

If you require directions, please contact: Carole Gillespie, Department of Psychology, 0114 2226649 email c.a.gillespie@sheffield.ac.uk or visit the University website www.shef.ac.uk.travel