

The details of the services presented here are being made available as an informative resource only. The UKPTS does not specifically endorse, recommend, or regulate any of the organisations listed below. If you contact one of these services looking to have your clinical needs assessed then you should ensure that the clinical advice or care provided for you is delivered by someone who is professionally registered and suitably experienced to provide the care you require. You may also want to look at the BABCP (www.cbregisteruk.com/) or the EMDR association (www.emdrassociation.org.uk/site.php/profile/categories/) if you are specifically looking to access evidence based care for PTSD. You can check the registration of clinicians on websites such as www.bps.org.uk or <http://www.hpc-uk.org/check/>. If you are a provider, please contact the UKPTS administrator if you would like to have your service's details updated ukptsinfo@googlemail.com.

1. Aberdeen Centre for Trauma Research, Institute for Health & Welfare Research

Tel: 01224 263102.

The Robert Gordon University, Garthdee Road, Aberdeen AB10 7QG. Contact: Susan Klein, s.klein@rgu.ac.uk

2. Belfast – TMR Health Professionals

Tel: 028 9066 1110

Pinewood House, 46 Newforge Lane, Belfast BT9 5NW www.trauma-stress.co.uk info@trauma-stress.co.uk

Set amidst parkland in south Belfast, the clinic offers expertise in treating all forms of psychological trauma. The lead clinician is Dr Michael Paterson OBE, a clinical psychologist who has specialised in trauma in military and emergency service personnel and also complex PTSD and dissociative disorders. We also are experts in EMDR and run trainings for mental health professionals through UK and Ireland.

3. Cambridge, Cognition and Brain Sciences Unit

Tel: 01223 355 294

15 Chaucer Road, Cambridge, CB7 2EF.

Contact: Tim Dalgleish, tim.dalgleish@mrc-cbu.cam.ac.uk

4. Cardiff and Vale of Glamorgan, Traumatic Stress Service

Tel: 029 20688321 Fax: 029 20687068

Cardiff University Psychiatry Service & Traumatic Stress Service, Hadyn Ellis Building, Maindy Road, Cathays, Cardiff, CF24 4HQ.

Contact: Elizabeth Upadhyay

The service accepts referrals from secondary mental health professionals only from the Cardiff and Vale, Local Health Board area. We provide a full assessment service and when indicated provide treatment, using trauma focused psychological therapies and pharmacological approaches. We also have the All Wales Veterans Health & Wellbeing 'Hub' situated within our service www.veteranswales.co.uk.

5. Colchester, Saunders Clinic

Tel: 01206814740

Oaks Drive Consulting Rooms, 27 Oaks Drive, Colchester, Essex C03 3QZ. We provide private treatment services for Adults, Children and Adolescents who present with a wide range of problems, including PTSD, Complex

Developmental Trauma, OCD, Depression, Pain Management, Anxiety and Asperger's. This is not an exhaustive list, so please contact our centre for further information. Treatment plans are tailored uniquely for each client and include CBT, REBT, EMDR and rehabilitation counselling. Physiotherapy and Osteopathy services are also available. We are registered with most major health insurers.

6. Combat Stress

National Helpline: 0800 138 1619

General enquiries: 01372 587 000

Email contactus@combatstress.org.uk

Director of Medical Services: Dr Walter Busuttill

Combat Stress is the leading third sector mental health charity that offers specialist services for ex-military and Merchant Navy personnel. It provides psychiatric and psychological treatment interventions in the community as well as within a residential setting and rehabilitation for the ex-Service community alongside the NHS. Referrals are accepted from GPs, NHS departments, social services, charities, veterans themselves and their friends/family.

7. East of England Major Trauma Centre

Tel: (01223) 216167

Contacts: Dr. David Christmas (Consultant Psychiatrist) and Dr. Laura Toplis (Principal Clinical Psychologist).

We provide NHS mental health services for the East of England Major Trauma Centre based at Addenbrooke's Hospital, Cambridge for people who have experienced a major trauma and have pre-existing or subsequent psychopathology. We offer assessment, diagnosis, formulation and evidence based interventions including trauma focused CBT, EMDR and medication. Our remit also includes teaching and training, supervision and consultation.

8. Edinburgh, Rivers Centre for Traumatic Stress

Tel: 0131 537 6806; Fax: 0131 537 6104

Tipperlinn House, Tipperlinn Road, Royal Edinburgh Hospital, Edinburgh EH10 5HF.

Contacts: Rivers.centre@nhslothian.scot.nhs.uk

The Rivers Centre for Traumatic Stress is located in the grounds of the Royal Edinburgh Hospital. It accepts referrals from general practitioners and other agencies, but not direct referrals from the public. Waiting list - normally 6 weeks to assessment. Rivers offers treatment for the whole range of post traumatic disorders with the evidence-based psychotherapies (CBT, EMDR, CPT) as well as art therapy and physiotherapy. Treatment is offered in both individual and group sessions and support is also offered to family members and friends through a "supporters group" and joint sessions where appropriate. Age range: 18 years and over. Family members under 18 may be included in treatment as appropriate.

9. Glasgow NHSGG&C Trauma Service

Tel: 01416304985 (Anne Douglas), 01412320114 (Dr Lisa Reynolds) and 01415313232 (Dr Jo McColl)

Contacts: Anne Douglas: Anne.Douglas@ggc.scot.nhs.uk, Dr Lisa Reynolds: lisa.reynolds@ggc.scot.nhs.uk

www.nhsggc.org.uk/compass

The NHSGG&C Trauma service is a specialist service which provides assessment and therapy to people with moderate to severe mental health problems following complex trauma. We are not an emergency service and do not accept self referrals. All teams are led by a Consultant Clinical Psychologist. Currently we have 3 teams which work closely together:

The Compass Team: This team provides culturally sensitive mental health care to asylum seekers and refugees of all ages with a complex trauma history. We provide individual, group and family therapy. Compass is a national resource for consultation and training and also provides training placements for a range of mental health staff

The Trauma and Homelessness Team: Provides a service to people aged 16 and above who are homeless or at risk of homelessness plus training and consultation to staff from the voluntary and statutory sectors. A key aim is to try and prevent revictimisation in people with a history of trauma. Individual and group therapy is offered.

The SAAS Team: Serves the North East of Glasgow and provides therapy for women and men aged 16 and above with a history of childhood sexual abuse and/or a history of sexual assault as an adult.

10. Humber Traumatic Stress Service

Tel: 01482 617760.

Victoria House, Park Street, Hull East Yorkshire, HU2 8TD. Contacts: htts@humber.nhs.uk, Jenny Ormerod, Jenny.Ormerod@humber.nhs.uk.

www.humber.nhs.uk/htts

The Traumatic Stress service covers the Hull and East Riding area. We offer a service to individuals who have been exposed to trauma in adulthood in the Hull area. We accept direct referrals from GP practitioners and other health professionals in Hull and East Riding for ex-service personnel. We offer a consultation service to all mental health teams in the area and offer joint working, supervision and training to staff working with trauma clients.

11. Lancashire Traumatic Stress Service

Tel: 01772 647071

18 Euxton Lane Chorley Lancs PR7 1PS,

Contact ltss@lancashirecare.nhs.uk,

www.lancashiretraumaticstressservice.nhs.uk

The Lancashire Traumatic stress service is a county wide specialist service provided by Lancashire care NHS Trust to deliver NICE guidance compliant assessment and treatment for adult onset PTSD.

The service works in partnership with local mental health teams and all referrals to the service are through primary or secondary care mental health services across Lancashire. LTSS does not accept direct referrals.

12. Leeds Psychological Therapy Service

Tel: 0113 3431962

17 Blenheim Terrace, Leeds, LS2 9HN.

Contacts: Cooper Anne, Cooper@leedspft.nhs.uk, or Richard Winspear, richard.winspear@leedsmh.nhs.uk.

13. Lincoln Psychological Therapies

Tel & Fax: 01522 511300, Mobile 07876 231087

Address (for correspondence only): 1 West Hill House, Motherby Hill, Lincoln, LN1 1HD.

Contact: Roderick Orner, roderick.ornier@btinternet.com, Dr Roderick J Orner- Consultant clinical psychologist

Visiting Professor in Primary care- Psychology facility of health, life and social sciences, University of Lincoln.

www.ForceMajeureMaritime.com

The Lincoln based service provides assessment, therapy and consultancy services for adults exposed to trauma and critical incidents, as well as occupational groups considered to be at particular risk. Special interests are pursued on the areas of trauma and trauma prevention in maritime contexts.

14. London, Forced Migration Trauma Service

Tel: (secretary) 020 72669548 (direct), 020 7266 9575 (Kerry Young)
Central and North West London NHS Foundation Trust, 7a Woodfield Road London W9 2NW.

Contact: Kerry Young (Tuesday & Wednesday), Kerryyoung1@nhs.net,

PTSD service for forced migrants in Central and North West London NHS Foundation Trust.

15. London Wiltshire, Capio Nightingale

Tel: 020 7535 7700, 24 hr Tel: 08007830594 For confidential, patient related information Fax to 020 7724 5976

11-19 Lisson Grove, Marylebone, London, NW1

6SH Email: nightingale.admissions@capio.co.uk

16. Ridgeway Hospital. Tel: 01793 814848

Moormead Road, Wroughton, Swindon, Wiltshire SN4

9DD. Contact: Gordon Turnbull,

gjturnbull@doctors.org.uk

http://www.bmihealthcare.co.uk/hospital/details?p_hosp_name=BMI%20The%20Ridgeway%20Hospital&p_hosp_id=272

17. London, Institute of Psychotrauma

Tel: 0207 7917630

Institute of Psychotrauma, Dean Cross, 16 Dean Cross Street, London, E1

2QA. Contact: Sarah Heke, Sarah.Heke@eastlondon.nhs.uk

18. London, Maudsley Hospital

Tel: 020 3228 6000

Denmark Hill, London SE5 8AZ

<http://www.slam.nhs.uk/patients/getting-to-hospital/maudsley-hospital.aspx>

Provides a number of services, presented in alphabetical order.

19. Adult Traumatic Stress Service

Tel: 020 3228 2969. Fax: 02032282514

South London & Maudsley NHS Trust, Denmark Hill, London SE5

8AZ Contact: Dr Nuri Gene Cos.

Provides an outpatient clinic specialising in posttraumatic stress disorder.

20. Centre for Anxiety Disorders and Trauma

South London & Maudsley NHS Trust, Denmark Hill, London SE5

8AZ Contact: Nick Grey, nick.1.grey@kcl.ac.uk,

anxietydisordersunit@slam.nhs.uk.

<http://www.kcl.ac.uk/iop/depts/psychology/about/support/cadat/index.aspx>

The centre offers cognitive therapy for adults with anxiety disorders, including PTSD. It is located at 99 Denmark Hill, London SE5, in the grounds of the Maudsley Hospital. It accepts primary care referrals via the Lambeth, Southwark and Lewisham IAPT Services. It accepts secondary care referrals via the Lambeth, Southwark and Lewisham Integrated Psychological Therapy Teams.

It accepts national referrals from CMHTs if PCT funding has been secured (<http://www.national.slam.nhs.uk/cadat>).

It does not accept self-referrals. Patients are offered the choice of two different appointments for assessment within 1 to 13 weeks, depending on availability and preferences. After assessment, there may be a further wait until treatment commences. Age range: 17 years and over. See also (www.kcl.ac.uk/cadat)

21. Child Anxiety & Trauma Service

Tel: 0203-228-3381; Fax: 0203-228-5011
South London & Maudsley NHS Foundation Trust
Denmark Hill, London SE5 8AZ Administrator:
charlene.clancy@slam.nhs.uk Team Co-
Ordinator: eleonor.leigh@slam.nhs.uk Team
Leader: derek.bolton@slam.nhs.uk

The CTSS is a National & Specialist NHS service providing evidenced-based treatment to traumatized children and adolescents. Detailed information about our services and referrals can be found at:
<http://www.national.slam.nhs.uk/services/camhs/camhs-traumaticstress/>

22. Trauma Studies

Tel: +90-212-251 0084
Department of Psychological Medicine, Institute of Psychiatry, King's College London
Contacts: Metin Basoglu, metin.basoglu@kcl.ac.uk
Maria Livanou, maria.livanou@kcl.ac.uk
Ebru Salcioglu, ebru.salcioglu@kcl.ac.uk

23. London, Traumatic Stress Service

Tel: 0203 513 6911. Fax: 0203 513 6144
South West London and St George's Mental Health NHS Trust, **Building 2**,
Springfield University Hospital, 61 Glenburnie Rd, London SW17 7DJ
Contact: pippa.stallworthy@swlstg-tr.nhs.uk
Further information for both users and referrers is available at
<http://www.swlstg-tr.nhs.uk/our-services/traumatic-stress-service/>

The TSS is a specialist out-patient service providing assessment and evidence-based psychological treatments for PTSD arising from adult traumatic experiences. We cover five boroughs of South London- Merton, Sutton, Wandsworth, Kingston and Richmond. We accept referrals direct from Wandsworth, Merton and Sutton IAPT services, and from CMHT's across the five boroughs. We also accept national referrals where funding has been agreed with the PCT.

24. London, Tavistock Clinic

Tel: 020 7435 7111
120 Belsize Lane, London, NW3 5BA.

25. London, Trauma Clinic

Tel: 020 7323 9890 Fax: 020 7323 9903.

London, Trauma Clinic, 7 Devonshire Street, London W1W 5DY.

Contacts: general: info@traumaclinic.org.uk Jane Herlihy,

J.herlihy@traumaclinic.org.uk, Peter Scragg,

p.scragg@traumaclinic.org.uk, Stuart Turner,

s.turner@traumaclinic.org.uk. Web:

<http://www.traumaclinic.org.uk/othlink.html>

www.cqc.org.uk.

The Trauma Clinic is a private multi-professional out-patient service operating in London's West End. Staffed by specialists in the field (clinical psychiatry and psychology), it aims to help adults with emotional reactions to adversity, including PTSD, depression and anxiety disorders. Self-referrals as well as referrals from GPs and other specialists (e.g. psychiatrists, psychologists, occupational health services) are accepted and clinical appointments can usually be offered within a week. Age range: 18 years and over.

The Trauma Clinic is registered, and therefore licensed to provide services, by the Care Quality Commission. The Trauma Clinic also provides training, consultancy and legal assessment services. Please contact us for further information.

26. London, Traumatic Stress Clinic

Tel: 020 3317 6820

Fax: 020 3317 6830

Address: 4th Floor West Wing, St Pancras Hospital,
4 St Pancras Way, London NW1 0PE

Contacts:

Veteran Service - Dr Tess Browne, veterans@candi.nhs.uk

Adult Service - Mary Robertson, Mary.RobertsonTSC@candi.nhs.uk

27. Lewisham Healthcare NHS Trust, University Hospital

Tel: 020 8333 3000. Fax: 02083333333

Lewisham Healthcare NHS Trust, University Hospital, Lewisham High Street, SE13 6LH

Contact: Martin Baggaley, m.baggaley@btinternet.com, www.lewisham.nhs.uk

28. Manchester, Department of Clinical Psychology

Tel: 0161 233 0437

Formerly, Defence Secondary Care Services Psychological Injuries

Unit. Contact: Hazel Pilgrim, hazel.pilgrim@hotmail.com

29. Medical Assessment Programme (MAP)

Freephone Helpline: 0800 169 5401

The Veterans and Reserves Mental Health Programme

Department of Community Mental

Health, Chetwynd Barracks Chilwell

Nottingham

NG9 5HA

E-mail: aphcsedcmhchl-vermph@mod.uk

The MAP was established in July 1993 to examine UK Gulf veterans who were concerned that their physical health had been adversely affected by service in the 1990/1991 Gulf Conflict (Operation GRANBY). In recent years the Ministry of Defence (MOD) has extended the service to other groups of veterans including Porton Down Volunteers (PDV) and veterans of operations in Iraq and Afghanistan and in 2007 the service began offering mental health assessments for veterans who believed their mental health may have suffered as a consequence of operational military service since 1982 and was not fully understood within the NHS.

Some GPs and other Health Professionals may have difficulty understanding the needs of veterans who believe they are ill as a result of operational service. Doctors are encouraged to refer to the MAP any patients who are concerned

that their health may have suffered as a result of their Service and who fulfil the criteria for being seen. This will allow the patient to have a thorough assessment by a doctor with considerable knowledge of veterans' illnesses issues. Satisfaction surveys indicate that the service provided by the Programme is well regarded by patients.

30. Newcastle

Tel: 0191 206 1199.

North East Traumatic Stress Centre, Plummer Court, Carlisle Place,
Newcastle upon Tyne, NE1 6UR.

Contact: Sally Standart or Kevin Meares

Sally.Standart@ntw.nhs.uk, kevin.meares@ntw.nhs.uk

We are a regional post traumatic stress disorder service covering the North East of England, from Berwick in the north to Middlesbrough in the south and Carlisle in the West. We offer an assessment service for trauma for adults aged 18-65 and a psychological therapy service including trauma-focussed cognitive behavioural therapy and EMDR for adult onset PTSD.

We tend to see complex presentations of trauma or those clients who have struggled to move on in other services.

31. Northampton, St Andrews Hospital

Bedded tel: 01604 616000 **Non-bedded** tel: 01604616070 Fax: 01604616134

St Andrew's Healthcare Billing Road, Northampton, NN1 5DG Web:

Email: consultancyservice@standrew.co.uk

Web: www.stah.org/consultancy

Bedded details: The UK's leading charitable provider of specialist mental healthcare offering services for men, women, adolescents and older people across: Mental health issues, Personality Disorders, Autistic Spectrum Disorders, Learning Disabilities, Brain Injury, and Neurodegenerative Disorders

Non-bedded details: A one-stop shop that draws on the quality and range of practicing expert witnesses at the UK's leading charitable provider of specialist mental healthcare to offer comprehensive, independent mental health reviews, or medico-legal reports for a wide range of services including: Criminal Justice, Independent Mental Health Review Tribunals, Parole Board Applications, Fitness to Plead, Capacity Issues, Civil Law including Personal Injury, Child Care, Individual therapy, Diagnostic assessment e.g. Autistic Spectrum Disorder

32. Northumberland, Tyne, Wear and Teesside

Psychology Partnerships Community Interest Company

134A Front Street, Chester le Street, County Durham DH3 3AY and

Psynapse, Churchill House, 12 Mosley Street, Newcastle upon Tyne NE1 1DE

Contact: Bernard Kat

Tel: 0191 230 6461 or 0 788 799 8375

Email: b.kat@psynapse.co.uk

Web: www.ppcic.co.uk

Psychology Partnerships is an initiative by independent clinical and other applied psychologists in the North East of England to make psychological services outside the NHS more accessible and responsive. We offer assessment and therapy services, primarily based on cognitive behavioural therapies but drawing on other modalities as appropriate. As a community interest company, any financial surplus we generate will be assigned to a separate fund which goes towards meeting the wider psychological needs of the community, particularly in respect of education and training. At present we offer trauma-focused assessments and therapies in response to professional and self-referrals but we anticipate providing commissioned services is due course.

33. Nottingham, Centre for Trauma Resilience and Growth

Tel: 0115 844 0586

St Anns House, 114 Thorneywood Mount, Nottingham NG3 2PZ.

Contact: Liz Edwards (Centre Administrator), liz.edwards2@nottshc.nhs.uk,

Stephen Regal (Co-Director/Principal Psychotherapist),

Stephen.Regel@nottshc.nhs.uk; Stephen.regel@nottingham.ac.uk,
Professor Stephen Joseph (Co-Director, University of Nottingham
Stephen.joseph@nottingham.ac.uk

The Centre for Trauma, Resilience and Growth was opened by Terry Waite CBE in 2000 and is a partnership between the Trauma Service situated within Nottinghamshire Healthcare NHS Trust and the Research Group for the Study of Trauma, Resilience and Growth within the University of Nottingham - this brings together staff from the School of Sociology and Social Policy, the School of Education and the Institute for Work, Health and Organisations to form an interdisciplinary partnership dedicated to therapy, education, consultancy and research related to trauma.

The CTRG aims to provide an interdisciplinary focus for practitioners and researchers interested in trauma, its effects, and therapy. The Centre provides an umbrella for practitioners and researchers working locally in the NHS and the University to meet and develop research and to develop effective evidence based therapeutic methods. We are concerned with the full spectrum of functioning, from post traumatic stress to post traumatic growth. The CTRG accepts referrals for assessment and treatment for individuals, couples and families exposed to a range of traumatic events, including traumatic bereavement through accident or homicide. Referrals are accepted from within the East /West Midlands and beyond where appropriate.

34. Oxford, Stress and Trauma Centre

Tel: 01993 77 90 77 & Fax: 01993 77 94 99.

47 High Street, Witney, Oxford OX28 6JA.

Contact: Claudia Herbert, claudia.herbert@oxdev.co.uk or our practice manager, Clare Hadland, clare.hadland@oxdev.co.uk
www.oxdev.co.uk

The Oxford Stress and Trauma Centre was founded in 1998 by its Clinical director, Dr Claudia Herbert and is a part of The Oxford Development Centre Ltd. The Oxford Stress and Trauma Centre, Oxfordshire's first independent, private trauma service, offers specialist, individually tailored psychological assessment and treatment of all stress- and trauma-related problems, including Posttraumatic Stress Disorder (PTSD). This includes traumas caused by accidents, assaults, disasters and catastrophes, as well as, complex traumas, such as childhood abuse, war trauma, hostage takings, torture, or suicide bombings. Additionally, we work with clients who may have been diagnosed as suffering from personality disorders, as well as, various dissociative problems, including Dissociative Identity Disorder (DID).

We are able to provide medico-legal assessment and treatment work, as well as, supervision or therapeutic treatments for fellow professionals. Our approach is collaborative and we use the latest evidence-based treatment methods, including Cognitive Behavioural Trauma Therapy (CBTT), Eye Movement Desensitization (EMDR), as recommended by the NICE

guidelines, but also Sensory Motor Therapy and body-centred trauma approaches, such as Calatonia.

The Centre accepts direct self-referrals from clients; Solicitors; GPs; or other Health Professionals. We also offer a service to professionals from the Emergency Services, the Health Service or other Agencies and Organizations, as requested by their Occupational Health or Human Resources Departments. We work with adults, adolescents and children, who have experienced trauma. We can also now offer a service to clients who would prefer to see us in our other premises in Stroud, Gloucestershire. We are happy for you to contact us so that we can answer any other questions you may have.

35. Oxford

Tel: 01865 738878.

The Warneford Hospital, Warneford Lane, Oxford, OX3 7JX.

Contacts: Martina Mueller,

martina.mueller@oxfordhealth.nhs.uk

The Oxford Psychological Services Trauma Clinic is an out-patient clinic specialising in the assessment and treatment of psychological difficulties arising from traumatic experiences in adulthood including PTSD, depression, panic and other anxiety disorders. The clinic is open to referrals from community mental health teams in Oxfordshire, the IAPT service and other specialist agencies.

The service *does not* accept direct referrals from the public. The service is located at the Warneford Hospital, Oxford. Patients will be seen within 6 weeks

of referral for an initial assessment appointment. There may be a wait for treatment thereafter.

36. University of Plymouth

Tel: 01752 588887

Peninsula Allied Health Centre, Derriford Road, Plymouth PL6

8BH.. Contact: Rudi Dallos rdallos@plymouth.ac.uk

All of us will experience various forms of loss and traumas during our lives. These can be painful and distressing but are also a normal part of life. However in some circumstances these experiences are so overwhelming that we may need professional advice and support in order to help us to cope. The support required may vary but we adopt the view that an important focus is to empower people to draw upon, and enhance their own personal resilience

and sources of support. The purpose of the centre is to provide training, advice and consultation to services and professionals who work with individuals, families and communities. We also conduct research and collaborate with services to help develop their provision.

37. Reading, Berkshire Traumatic Stress Service

Tel: 0118 9296400.

Berkshire Healthcare Foundation NHS Trust, Erleigh Road Clinic, 25 Erleigh

Road, Reading, Berks RG1 5LR.

Contact: Dr. Deborah Lee, deborah.lee@berkshire.nhs.uk

38. Raphael Healthcare

Contact: Phil Coombes on Tel: 01636 642380

Briars Hey, Mill Lane, Rainhill, Prescot, Merseyside L35

6NE Raphael Healthcare www.raphaelhc.org.uk

Raphael Healthcare is a private provider of inpatient secure care. Its Multi- Disciplinary team have developed expertise in working in the field of trauma in secure female populations. Raphael Healthcare currently has one, female only, 46 bedded hospital in Newark Nottinghamshire. A needs analysis within the service identified high levels of trauma in secure female settings and as such a multi phased treatment approach was implemented. This utilised approved interventions to assist in the assessment and treatment of emotional and behavioural reactions, such as severe depression, anxiety, eating disorders, self-injurious behaviours, violent behaviours etc, to traumatic incidents. These reactions have led to service users needing detention for their own safety or the safety of others. The care pathway is designed to support individuals on their road to recovery and is approved by the Care Quality Commission.

39. Watford, PTSD Clinic

Tel: 01923 217554.

The Post Traumatic Stress Clinic, Shrodells Psychiatric Unit, Watford General Hospital, Vicarage Road, Watford, Herts, WD1 8HB.

Contact: Andy Millard, millard.aj@gmail.com John

Spector, emdr.org@btopenworld.com

(also for advice on EMDR).

40. York

T: 01904 430370

The Psychological Trauma Service at the Retreat York.

The Tuke Centre 28 Green Dykes Lane, YORK, YO10 3HH Contact: Dr

Mark McFetridge Consultant Clinical Psychologist

mmcfetridge@theretreatyork.org.uk or Dr Julia Coakes Senior Clinical

Psychologist jcoakes@theretreatyork.org.uk or for information about

referrals/ appointments contact Sue Edwards

outpatients@theretreatyork.org.uk

<http://www.thetukecentre.org.uk/psychological-trauma.html>

We are an experienced multidisciplinary team and provide a comprehensive range of services for traumatised individuals, either as an outpatient at the Tuke Centre and, or where appropriate, residential within the Retreat.

41. The Veterans Service, York

Contact: Antony Brown : 01904 620781

31 Bootham, York, YO30 7BT CBT Clinics Trauma Service

Email: info@cbtclinics.co.uk.

"Improving the wellbeing of the armed forces veterans community"

A collaboration between CBT Clinics and the York Stress & Trauma Centre
The Veterans Service offers a seamless integration of psychological assessment, treatment and follow up for the veterans community utilising evidenced based interventions, abiding by NICE Guidelines.

The Veterans Service provides a nationwide network of accredited CBT Psychotherapists, Clinical Psychologists and EMDR practitioners offering psychological outpatient treatment for veterans. We also provide an intensive psychological treatment programme based in York. The fast-track five day programme provided by Matthew Cole (ex-service RN), offers daily evidenced based treatment with accommodation provided. There are over 800 clinicians providing Trauma-focused CBT and EMDR.