

Our reference: /FOI D9505

21<sup>st</sup> January 2020

[Joebloggs@email](mailto:Joebloggs@email)

Joe Bloggs

Dear Joe,

Information Governance  
Department  
Freedom of Information Team  
Bury New Road  
Prestwich  
Manchester  
M25 3BL

Tel: 0161 358 1760  
Email: [foi@gmmh.nhs.uk](mailto:foi@gmmh.nhs.uk)

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WE ARE SOCIAL



**RE: FREEDOM OF INFORMATION ACT 2000 – INFORMATION REQUEST - REF: D9505**

Please find our Trust's response in relation to your request for information under the Freedom of Information Act.

***Could you please give me a full list of what types of therapy are offered as part of the iapt / single point of access service in Bolton.***

***Full list of types of therapies offered. Eg CBT, DBT***

CBT, CAT, EMDR, PIT, IPT, CFT, Mindfulness-Based Cognitive Therapy

***Full list of group therapies that are offered eg. Group therapy for OCD etc***

- CBT skills group
- PWP skills group
- PTSD group
- OCD group
- Worry and Rumination group
- Long term health conditions group
- Mindfulness group
- Managing emotions group

I hope the information provided above is to your satisfaction. If you are unhappy with the way, the Trust has handled your request you may request an internal review.

If you require an internal review please write to Sarah McDonald, Head of IM&T Service Delivery, at the address above, who will arrange a review of your case.

The Trust is committed to safeguarding children, young people and vulnerable adults and requires all staff and volunteers to share this commitment.

Greater Manchester Mental Health NHS Foundation Trust, The Curve, Bury New Road, Prestwich, Manchester M25 3BL Tel: 0161 773 9121.



If you are not happy with the outcome of the internal review you have the right to apply directly to the Information Commissioner: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF.

Yours sincerely

The FOI Team  
Freedom of Information Department  
Greater Manchester MH NHS Foundation Trust

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For any named personnel provided in this Freedom of Information response, they do not wish to receive direct marketing, to do so would contravene GDPR and the Data Protection Act 2018.

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