

Expected Standards for Effective and Efficient Treatments

Patients can have a reasonable expectation that they will receive an effective and efficient treatment for their presenting problems - either as direct purchasers of treatment or as receivers of treatment purchased on their behalf

and

Commissioners and third-party purchasers of treatment can have a reasonable expectation that an effective and efficient treatment will be delivered on their behalf

What can be expected of a psychotherapist or a provider of psychotherapy?

- A clear statement about the treatment contract including confidentiality and consent
- A comprehensive assessment with diagnosis and formulation, and a rationale for the proposed treatment in relation to the diagnosis and the evidence base for treatment.
- A transparent and accessible treatment protocol as a minimum, and ideally reference to a treatment manual
- A document with a clear and critical appraisal of the evidence base for the treatment being offered
- Video recording of sessions
- Regular, each session, use of outcome measures, and feedback on these when requested
- Evidence of education, training and supervision