



Psychological Services Inclusion & Exclusion criteria

This is not a conclusive list and additional factors or combinations of factors will be assessed at pre-admission telephone assessment.

Decisions about eligibility are to be discussed at an MDT pre-admission meeting and patients will be informed of the outcome at time of assessment or by telephone or written correspondence.

Inclusion Criteria:

- Serving police officer
- Affected functioning (occupational or social)
- Completed pre-admission telephone & safe risk assessment
- Patient able to both tolerate & gain therapeutic benefit from low intensity group work
- Primary diagnosis of psychological disorder
- No recent contact with crisis services
- Period of stability on medication (approx. 4-6 weeks)
- Prepared & commit to limited alcohol consumption for the duration of the programme
- Level of motivation & readiness to change
- Clear clinical focus of admission (goals)
- Stable accommodation
- Ability to engage in the full 2 week residential programme

Exclusion Criteria:

- Current EMDR / Trauma Focused Therapy
- Homelessness
- Medication Dependence / Withdrawal (alcohol, recreational or prescription drugs)
- Acute psychotic symptoms
- Primary diagnosis of Eating Disorder e.g. anorexia, bulimia
- Non-psychological diagnosis
- Inability to tolerate groups
- Indication of current risk
- Frequent suicidal thoughts with plans or intent
- Suicide / Self harm attempt or links to NHS Crisis Services in last 3 months
- Unmanaged self-harming behaviours e.g. cutting