

Freedom of Information Request

Reference Number: [EPUT.FOI.22.2714](#)
Date Received: [9th November 2022](#)

Information Requested:

Treatments:

Trauma processing i.e. Trauma-focused CBT and/or EMDR
Exposure therapy to address fear/avoidance of going out

- 1) Please confirm if the above treatment is available on the NHS under the North East Essex Mental Health NHS Trust?

[Yes](#)

- 2) What are the current waiting times for the above treatment under the North East Essex Mental Health NHS Trust?

[We do not keep a record of these specific treatments as they describe a clinical intervention approach, not treatment pathway. Waiting times for IAPT services are not determined by mode of treatment, but by the intensity of treatment required. Assuming individual high intensity treatment is required, current average waiting times in the Therapy for You \(IAPT\) service in NEE are 8 days for the first assessment appointment and then 203 days to commence treatment. Online CBT via talk type messaging is a suitable treatment method for both trauma processing and social phobia, in which case treatment can be commenced within 2-4 weeks.](#)

- 3) Please confirm the cost of the above treatment per unit under the NHS.

[We do not keep records of costs for trauma-focused CBT or EMDR, or exposure therapy.](#)

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