

# The use of Psychological therapies within an Occupational Health Setting

---

## What is a psychologist?

### Role within the Occupational Health Dept

To assist in the treatment of staff

To facilitate a speedy return to work

Define and treat

To see clients within a specified contract

Types of therapy used:

1. CBT
2. SFBT
3. External referral to other specialist
4. Psychometric and Neuropsychological Assessment

### Presenting concerns

#### Case examples

- **Julia**  
Presenting concern: Anxiety reaction to fears of a return of schizophrenia.  
Treatment. Initial measures, Sensate breathing, Choice of therapy  
CBT, relapse signature, onward contact.
- **Brian**  
Presenting concern: Depression  
Treatment CBT, relapse prevention, onward contact
- **Anna**  
Intractable bereavement  
Treatment: SFBT

### Referring to the service

Do not refer ASPD

Use what's freely available

Internet freebies

Define the concern

MBI

PTSD

.....continued

## References requested

The psychometric measures I mentioned can be found under: **Assessment: A Mental Health Portfolio (edited by Derek Milne), published by NFER-Nelson.**

The link for SFBT is [www.ukasfp.co.uk](http://www.ukasfp.co.uk)

Regarding livinglifetothe full.co.uk, it's free and can be helpful for clients in mild distress but it is of limited use in clinically significant cases. Beating the blues is not one that I have used and can therefore offer no comment at this stage.

Computerized cognitive behavioural therapy at work: a randomized controlled trial in employees with recent stress-related absenteeism Grime P *Occupational Medicine* 2004;54:353-359

<http://occmed.oxfordjournals.org/cgi/reprint/54/5/353>