

## **The UKPTS does not specifically endorse, recommend, or regulate any of the organisations listed**

The details of the services presented here are being made available as an informative resource only. The UKPTS does not specifically endorse, recommend, or regulate any of the organisations listed below. If you contact one of these services looking to have your clinical needs assessed then you should ensure that the clinical advice or care provided for you is delivered by someone who is professionally registered and suitably experienced to provide the care you require. You may also want to look at the BABCP ([www.cbregisteruk.com](http://www.cbregisteruk.com)) or the EMDR association ([www.emdrassociation.org.uk/site.php/profile/categories/](http://www.emdrassociation.org.uk/site.php/profile/categories/)) if you are specifically looking to access evidence based care for PTSD.

You can check the registration of clinicians on websites such as [www.bps.org.uk](http://www.bps.org.uk) or [www.hpc-uk.org/check/](http://www.hpc-uk.org/check/). If you are a provider, please contact the UKPTS administrator if you would like to have your service's details updated [Admin@UKPTS.co.uk](mailto:Admin@UKPTS.co.uk).

### **1. Aberdeen Centre for Trauma Research, Institute for Health & Welfare Research**

Tel: 01224 263102.

The Robert Gordon University

Garthdee Road

Aberdeen

AB10 7QG

Contact: Susan Klein: [s.klein@rgu.ac.uk](mailto:s.klein@rgu.ac.uk)

### **2. Belfast – TMR Health Professionals**

Tel: 028 9066 1110

Pinewood House

46 Newforge Lane

Belfast BT9 5NW

[www.trauma-stress.co.uk](http://www.trauma-stress.co.uk)

[info@trauma-stress.co.uk](mailto:info@trauma-stress.co.uk)

Set amidst parkland in south Belfast, the clinic offers expertise in treating all forms of psychological trauma. The lead clinician is Dr Michael Paterson OBE, a clinical psychologist who has specialised in trauma in military and emergency service personnel and also complex PTSD and dissociative disorders. We are also experts in EMDR and run training sessions for mental health professionals through UK and Ireland.

### **3. Cambridge, Cognition and Brain Sciences Unit**

Tel: 01223 355 294

15 Chaucer Road

Cambridge

CB7 2EF

Contact: Tim Dalglish: [tim.dalglish@mrc-cbu.cam.ac.uk](mailto:tim.dalglish@mrc-cbu.cam.ac.uk)

### **4. Cardiff and Vale of Glamorgan, Traumatic Stress Service**

Tel: 029 20688321

Fax: 029 20687068

Cardiff University Psychiatry Service & Traumatic Stress Service

Hadyn Ellis Building

Maindy Road

Cathays

Cardiff

CF24 4HQ

Contact: Elizabeth Upadhyay

The service accepts referrals from secondary mental health professionals only from the Cardiff and Vale, Local

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Health Board area. We provide a full assessment service and when indicated provide treatment, using trauma focused psychological therapies and pharmacological approaches. We also have the All Wales Veterans Health & Wellbeing 'Hub' situated within our service [www.veteranswales.co.uk](http://www.veteranswales.co.uk).

### **5. Colchester, Saunders Clinic**

Tel: 01206814740

Oaks Drive Consulting Rooms

27 Oaks Drive

Colchester

Essex

CO3 3QZ

We provide private treatment services for Adults, Children and Adolescents who present with a wide range of problems, including PTSD, Complex Developmental Trauma, OCD, Depression, Pain Management, Anxiety and Asperger's. This is not an exhaustive list, so please contact our centre for further information. Treatment plans are tailored uniquely for each client and include CBT, REBT, EMDR and rehabilitation counselling. Physiotherapy and Osteopathy services are also available. We are registered with most major health insurers.

### **6. Combat Stress**

National Helpline: 0800 138 1619

General enquiries: 01372 587 000

Email: [contactus@combatstress.org.uk](mailto:contactus@combatstress.org.uk)

Director of Medical Services: Dr Walter Busuttill

Combat Stress is the leading third sector mental health charity that offers specialist services for ex-military and Merchant Navy personnel. It provides psychiatric and psychological treatment interventions in the community as well as within a residential setting and rehabilitation for the ex-Service community alongside the NHS. Referrals are accepted from GPs, NHS departments, social services, charities, veterans themselves and their friends/family.

### **7. East of England Major Trauma Centre**

Tel: (01223) 216167

Contacts:

Dr. David Christmas (Consultant Psychiatrist) and

Dr. Laura Toplis (Principal Clinical Psychologist)

We provide NHS mental health services for the East of England Major Trauma Centre based at Addenbrooke's Hospital, Cambridge, for people who have experienced a major trauma and have pre-existing or subsequent psychopathology. We offer assessment, diagnosis, formulation and evidence based interventions including trauma focused CBT, EMDR and medication. Our remit also includes teaching and training, supervision and consultation.

### **8. Edinburgh, Rivers Centre for Traumatic Stress**

Tel: 0131 537 6806 Fax: 0131 537 6104

Tipperlinn House

Tipperlinn Road

Royal Edinburgh Hospital

Edinburgh

EH10 5HF

Contacts: [Rivers.centre@nhslothian.scot.nhs.uk](mailto:Rivers.centre@nhslothian.scot.nhs.uk)

The Rivers Centre for Traumatic Stress is located in the grounds of the Royal Edinburgh Hospital. It accepts referrals from general practitioners and other agencies, but not direct referrals from the public. Waiting list:

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normally six weeks to assessment. Rivers offers treatment for the whole range of post traumatic disorders with the evidence-based psychotherapies (CBT, EMDR, CPT) as well as art therapy and physiotherapy. Treatment is offered in both individual and group sessions and support is also offered to family members and friends through a "supporters group" and joint sessions where appropriate. Age range: 18 years and over. Family members under 18 may be included in treatment as appropriate.

### **9. Glasgow NHSGG&C Trauma Service**

Tel:

01416304985 (Anne Douglas)

01412320114 (Dr Lisa Reynolds)

01415313232 (Dr Jo McColl)

Contacts: Anne Douglas: [Anne.Douglas@ggc.scot.nhs.uk](mailto:Anne.Douglas@ggc.scot.nhs.uk),

Dr Lisa Reynolds: [lisa.reynolds@ggc.scot.nhs.uk](mailto:lisa.reynolds@ggc.scot.nhs.uk)

[www.nhsggc.org.uk/compass](http://www.nhsggc.org.uk/compass)

The NHSGG&C Trauma service is a specialist service which provides assessment and therapy to people with moderate to severe mental health problems following complex trauma. We are not an emergency service and do not accept self-referrals. All teams are led by a Consultant Clinical Psychologist. Currently we have 3 teams which work closely together:

The Compass Team: This team provides culturally sensitive mental health care to asylum seekers and refugees of all ages with a complex trauma history. We provide individual, group and family therapy. Compass is a national resource for consultation and training and also provides training placements for a range of mental health staff

The Trauma and Homelessness Team provides a service to people aged 16 and above who are homeless or at risk of homelessness plus training and consultation to staff from the voluntary and statutory sectors. A key aim is to try and prevent revictimisation in people with a history of trauma. Individual and group therapy is offered.

The SAAS Team serves the North East of Glasgow and provides therapy for women and men aged 16 and above with a history of childhood sexual abuse and/or a history of sexual assault as an adult.

### **10. Humber Traumatic Stress Service**

Tel: 01482 617760

Victoria House

Park Street

Hull

East Yorkshire

HU2 8TD

Contacts: [htts@humber.nhs.uk](mailto:htts@humber.nhs.uk)

Jenny Ormerod: [Jenny.Ormerod@humber.nhs.uk](mailto:Jenny.Ormerod@humber.nhs.uk).

[www.humber.nhs.uk/htss](http://www.humber.nhs.uk/htss)

The Traumatic Stress service covers the Hull and East Riding area. We offer a service to individuals who have been exposed to trauma in adulthood in the Hull area. We accept direct referrals from GP practitioners and other health professionals in Hull and East Riding for ex-service personnel. We offer a consultation service to all mental health teams in the area and offer joint working, supervision and training to staff working with trauma clients.

### **11. Lancashire Traumatic Stress Service**

Tel: 01772 647071

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18 Euxton Lane  
Chorley  
Lancashire  
PR7 1PS  
Contact:

[ltss@lancashirecare.nhs.uk](mailto:ltss@lancashirecare.nhs.uk),  
[www.lancashiretraumaticstressservice.nhs.uk](http://www.lancashiretraumaticstressservice.nhs.uk)

The Lancashire Traumatic Stress Service (LTSS) is a county wide specialist service provided by Lancashire Care NHS Trust to deliver NICE guidance compliant assessment and treatment for adult onset PTSD.

The service works in partnership with local mental health teams and all referrals to the service are through primary or secondary care mental health services across Lancashire. LTSS does not accept direct referrals.

**12. Leeds Psychological Therapy Service**

Tel: 0113 3431962  
17 Blenheim Terrace  
Leeds  
LS2 9HN

Contacts: Anne Cooper: [Anne.Cooper@leedsptf.nhs.uk](mailto:Anne.Cooper@leedsptf.nhs.uk) or  
Richard Winspear: [richard.winspear@leedsfmh.nhs.uk](mailto:richard.winspear@leedsfmh.nhs.uk)

**13. Lincoln Psychological Therapies**

Tel & Fax: 01522 511300  
Mobile 07876 231087  
Address (for correspondence only):  
1 West Hill House  
Motherby Hill  
Lincoln  
LN1 1HD

Contact: Roderick Orner Consultant clinical psychologist:  
[roderick.ornier@btinternet.com](mailto:roderick.ornier@btinternet.com),

Visiting Professor in Primary care- Psychology faculty of health, life and social sciences, University of Lincoln.  
[www.ForceMajeureMaritime.com](http://www.ForceMajeureMaritime.com)

The Lincoln based service provides assessment, therapy and consultancy services for adults exposed to trauma and critical incidents, as well as occupational groups considered to be at particular risk. Special interests are pursued on the areas of trauma and trauma prevention in maritime contexts.

**14. London, Forced Migration Trauma Service**

Tel: (secretary) 020 72669548 (direct) 020 7266 9575 (Kerry Young)  
Central and North West London NHS Foundation Trust  
7a Woodfield Road  
London  
W9 2NW.

Contact: Kerry Young (Tuesday & Wednesday): [Kerryyoung1@nhs.net](mailto:Kerryyoung1@nhs.net),

PTSD service for forced migrants in Central and North West London NHS Foundation Trust.

**15. London Wiltshire, Capio Nightingale**

Tel: 020 7535 7700, 24 hour  
Tel: 08007830594 for confidential, patient-related information Fax: 020 7724 5976  
11-19 Lisson Grove

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Marylebone  
London  
NW1 6SH  
Email: [nightingale.admissions@capio.co.uk](mailto:nightingale.admissions@capio.co.uk)

**16. Ridgeway Hospital**

Tel: 01793 814848  
Moormead Road  
Wroughton  
Swindon  
Wiltshire  
SN4 9DD  
Contact:  
Gordon Turnbull: [gturnbull@doctors.org.uk](mailto:gturnbull@doctors.org.uk)  
[www.bmihealthcare.co.uk/hospitals/bmi-the-ridgeway-hospital](http://www.bmihealthcare.co.uk/hospitals/bmi-the-ridgeway-hospital)

**16. Institute of Psychotrauma, London**

Tel: 0207 7917630  
Institute of Psychotrauma  
Dean Cross  
16 Dean Cross Street  
London  
E1 2QA  
Contact:  
Sarah Heke: [Sarah.Heke@eastlondon.nhs.uk](mailto:Sarah.Heke@eastlondon.nhs.uk)

**17. London, Maudsley Hospital**

Tel: 020 3228 6000  
Denmark Hill  
London  
SE5 8AZ  
[www.slam.nhs.uk/patients/getting-to-hospital/maudsley-hospital.aspx](http://www.slam.nhs.uk/patients/getting-to-hospital/maudsley-hospital.aspx)  
Provides a number of services, presented in alphabetical order.

**18. Adult Traumatic Stress Service**

Tel: 020 3228 2969. Fax: 02032282514  
South London & Maudsley  
NHS Trust  
Denmark Hill  
London  
SE5 8AZ  
Contact: Dr Nuri Gene Cos.  
Provides an outpatient clinic specialising in posttraumatic stress disorder.

**19. Centre for Anxiety Disorders and Trauma**

South London & Maudsley NHS Trust  
99Denmark Hill  
London  
SE5 8AZ  
Contact: Nick Grey: [nick.1.grey@kcl.ac.uk](mailto:nick.1.grey@kcl.ac.uk)  
[anxietydisordersunit@slam.nhs.uk](mailto:anxietydisordersunit@slam.nhs.uk)  
[www.kcl.ac.uk/iop/depts/psychology/about/support/cadat/index.aspx](http://www.kcl.ac.uk/iop/depts/psychology/about/support/cadat/index.aspx)

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The centre offers cognitive therapy for adults with anxiety disorders, including PTSD. It is located in the grounds of the Maudsley Hospital. It accepts primary care referrals via the Lambeth, Southwark and Lewisham IAPT Services. It accepts secondary care referrals via the Lambeth, Southwark and Lewisham Integrated Psychological Therapy Teams.

It accepts national referrals from CMHTs if PCT funding has been secured ([www.national.slam.nhs.uk/cadat](http://www.national.slam.nhs.uk/cadat)).

It does not accept self-referrals. Patients are offered the choice of two different appointments for assessment within 1 to 13 weeks, depending on availability and preferences. After assessment, there may be a further wait until treatment commences. Age range: 17 years and over. See also [www.kcl.ac.uk/cadat](http://www.kcl.ac.uk/cadat).

### **20. Child Anxiety & Trauma Service**

Tel: 0203 228 3381 Fax: 0203-228-5011

South London and Maudsley NHS Foundation Trust

Denmark Hill

London

SE5 8AZ

Administrator: [charlene.clancy@slam.nhs.uk](mailto:charlene.clancy@slam.nhs.uk)

Team Coordinator: [eleonor.leigh@slam.nhs.uk](mailto:eleonor.leigh@slam.nhs.uk)

Team Leader: [derek.bolton@slam.nhs.uk](mailto:derek.bolton@slam.nhs.uk)

The Child Anxiety and Trauma Service (CTSS) is a National & Specialist NHS service providing evidenced based treatment to traumatized children and adolescents. Detailed information about our services and referrals can be found at: and [www.national.slam.nhs.uk/services/camhs/camhs-traumaticstress](http://www.national.slam.nhs.uk/services/camhs/camhs-traumaticstress)

### **21. Trauma Studies**

Tel: +90-212-251 0084

Department of Psychological Medicine, Institute of Psychiatry, King's College London

Contacts: Metin Basoglu: [metin.basoglu@kcl.ac.uk](mailto:metin.basoglu@kcl.ac.uk)

Maria Livanou: [maria.livanou@kcl.ac.uk](mailto:maria.livanou@kcl.ac.uk)

Ebru Salcioglu: [ebru.salcioglu@kcl.ac.uk](mailto:ebru.salcioglu@kcl.ac.uk)

### **22. Traumatic Stress Service, London**

Tel: 0203 513 6911

Fax: 0203 513 6144

South West London and St George's Mental Health NHS Trust

Building 2

Springfield University Hospital

61 Glenburnie Road

London

SW17 7DJ

Contact: [pippa.stallworthy@swlstg-tr.nhs.uk](mailto:pippa.stallworthy@swlstg-tr.nhs.uk)

Further information for both users and referrers is available at [www.swlstg-tr.nhs.uk/our-services/traumatic-stress-service/](http://www.swlstg-tr.nhs.uk/our-services/traumatic-stress-service/)

The Traumatic Stress Service (TSS) is a specialist out-patient service providing assessment and evidence-based psychological treatments for PTSD arising from adult traumatic experiences. We cover five boroughs of South London: Merton, Sutton, Wandsworth, Kingston and Richmond. We accept referrals direct from Wandsworth, Merton and Sutton IAPT services, and from CMHT's across the five boroughs. We also accept national referrals where funding has been agreed with the PCT.

### **23. London, Tavistock Clinic**

Tel: 020 7435 7111

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120 Belsize Lane  
London  
NW3 5BA

**25. Trauma Clinic, London**

Tel: 020 7323 9890  
Fax: 020 7323 9903.  
London Trauma Clinic  
7 Devonshire Street  
London  
W1W 5DY

Contacts:

General: [info@traumaclic.org.uk](mailto:info@traumaclic.org.uk)  
Jane Herlihy: [J.herlihy@traumaclic.org.uk](mailto:J.herlihy@traumaclic.org.uk)  
Peter Scragg: [p.scragg@traumaclic.org.uk](mailto:p.scragg@traumaclic.org.uk)  
Stuart Turner: [s.turner@traumaclic.org.uk](mailto:s.turner@traumaclic.org.uk)  
Web: [www.traumaclic.org.uk/othlink.html](http://www.traumaclic.org.uk/othlink.html)  
[www.cqc.org.uk](http://www.cqc.org.uk)

The Trauma Clinic is a private multi-professional out-patient service operating in London's West End. Staffed by specialists in the field (clinical psychiatry and psychology), it aims to help adults with emotional reactions to adversity, including PTSD, depression and anxiety disorders. Self-referrals as well as referrals from GPs and other specialists (e.g. psychiatrists, psychologists and occupational health services) are accepted and clinical appointments can usually be offered within a week. Age range: 18 years and over.

The Trauma Clinic is registered, and therefore licensed to provide services, by the Care Quality Commission. The Trauma Clinic also provides training, consultancy and legal assessment services. Please contact us for further information.

**26. London, Traumatic Stress Clinic**

Tel: 020 3317 6820 Fax: 020 3317 6830  
4<sup>th</sup> Floor West Wing  
St Pancras Hospital  
4 St Pancras Way  
London  
NW1 0PE

Contacts:

Veteran Service: Dr Tess Browne: [veterans@candi.nhs.uk](mailto:veterans@candi.nhs.uk)  
Adult Service: Mary Robertson: [Mary.RobertsonTSC@candi.nhs.uk](mailto:Mary.RobertsonTSC@candi.nhs.uk)

**27. Lewisham Healthcare NHS Trust, University Hospital**

Tel: 020 8333 3000 Fax: 02083333333  
Lewisham Healthcare NHS Trust  
University Hospital  
Lewisham High  
Street  
SE13 6LH

Contact: Martin Baggaley: [m.baggaley@btinternet.com](mailto:m.baggaley@btinternet.com)  
[www.lewisham.nhs.uk](http://www.lewisham.nhs.uk)

**28. Manchester, Department of Clinical Psychology**

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Tel: 0161 233 0437

Formerly, Defence Secondary Care Services Psychological Injuries Unit.

Contact: Hazel Pilgrim: [hazel.pilgrim@hotmail.com](mailto:hazel.pilgrim@hotmail.com)

### **29. Medical Assessment Programme**

Freephone Helpline: 0800 169 5401

The Veterans and Reserves Mental Health Programme

Department of Community Mental Health

Chetwynd Barracks

Chilwell

Nottingham

NG9 5HA

E-mail: [aphcsedcmhchl-vermph@mod.uk](mailto:aphcsedcmhchl-vermph@mod.uk)

The Medical Assessment Programme (MAP) was established in July 1993 to examine UK Gulf veterans who were concerned that their physical health had been adversely affected by service in the 1990/91 Gulf Conflict (Operation GRANBY). In recent years the Ministry of Defence (MOD) has extended the service to other groups of veterans including Porton Down Volunteers (PDV) and veterans of operations in Iraq and Afghanistan and in 2007 the service began offering mental health assessments for veterans who believed their mental health may have suffered as a consequence of operational military service since 1982 and was not fully understood within the NHS.

Some GPs and other Health Professionals may have difficulty understanding the needs of veterans who believe they are ill as a result of operational service. Doctors are encouraged to refer to the MAP any patients who are concerned that their health may have suffered as a result of their Service and who fulfil the criteria for being seen. This will allow the patient to have a thorough assessment by a doctor with considerable knowledge of veterans' illnesses issues. Satisfaction surveys indicate that the service provided by the Programme is well regarded by patients.

### **30. Northampton, St Andrews Hospital**

Bedded Tel: 01604 616000

Non-bedded Tel: 01604616070

Fax: 01604616134

St Andrew's Healthcare Billing Road

Northampton

NN1 5DG

Email: [consultancyservice@standrew.co.uk](mailto:consultancyservice@standrew.co.uk)

Web: [www.stah.org/consultancy](http://www.stah.org/consultancy)

Bedded details: The UK's leading charitable provider of specialist mental healthcare offering services for men, women, adolescents and older people across: Mental health issues, Personality Disorders, Autistic Spectrum Disorders, Learning Disabilities, Brain Injury, and Neurodegenerative Disorders

Non-bedded details: A one-stop shop that draws on the quality and range of practicing expert witnesses at the UK's leading charitable provider of specialist mental healthcare to offer comprehensive, independent mental health reviews, or medico-legal reports for a wide range of services including: Criminal Justice, Independent Mental Health Review Tribunals, Parole Board Applications, Fitness to Plead, Capacity Issues, Civil Law including Personal Injury, Child Care, Individual therapy, Diagnostic assessment e.g. Autistic Spectrum Disorder.

### **31. Northumberland, Tyne, Wear and Teesside**

Psychology Partnerships Community Interest Company



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134A Front Street  
Chester le Street  
County Durham  
DH3 3AY  
and  
Psynapse  
Churchill House  
12 Mosley Street  
Newcastle upon Tyne  
NE1 1DE

Contact: Bernard Kat

Tel: 0191 230 6461 or 0788 799 8375

Email: [b.kat@psynapse.co.uk](mailto:b.kat@psynapse.co.uk)

Web: [www.ppcic.co.uk](http://www.ppcic.co.uk)

Psychology Partnerships is an initiative by independent clinical and other applied psychologists in the North East of England to make psychological services outside the NHS more accessible and responsive. We offer assessment and therapy services, primarily based on cognitive behavioural therapies but drawing on other modalities as appropriate. As a community interest company, any financial surplus we generate will be assigned to a separate fund which goes towards meeting the wider psychological needs of the community, particularly in respect of education and training. At present we offer trauma-focused assessments and therapies in response to professional and self-referrals but we anticipate providing commissioned services as due course.

### **32. Nottingham, Centre for Trauma Resilience and Growth**

Tel: 0115 844 0586

St Anns House  
114 Thorneywood Mount  
Nottingham  
NG3 2PZ.

Contact: Liz Edwards (Centre Administrator): [liz.edwards2@nottshc.nhs.uk](mailto:liz.edwards2@nottshc.nhs.uk)

Stephen Regel (Co-Director/Principal Psychotherapist): [Stephen.regel@nottingham.ac.uk](mailto:Stephen.regel@nottingham.ac.uk)

Professor Stephen Joseph (Co-Director, University of Nottingham): [Stephen.joseph@nottingham.ac.uk](mailto:Stephen.joseph@nottingham.ac.uk)

The Centre for Trauma, Resilience and Growth was opened by Terry Waite CBE in 2000 and is a partnership between the Trauma Service situated within Nottinghamshire Healthcare NHS Trust and the Research Group for the Study of Trauma, Resilience and Growth within the University of Nottingham. This brings together staff from the School of Sociology and Social Policy, the School of Education and the Institute for Work, Health and Organisations to form an interdisciplinary partnership dedicated to therapy, education, consultancy and research related to trauma.

The CTRG aims to provide an interdisciplinary focus for practitioners and researchers interested in trauma, its effects, and therapy. The Centre provides an umbrella for practitioners and researchers working locally in the NHS and the University to meet and develop research and to develop effective evidence based therapeutic methods. We are concerned with the full spectrum of functioning, from post-traumatic stress to post traumatic growth. The CTRG accepts referrals for assessment and treatment for individuals, couples and families exposed to a range of traumatic events, including traumatic bereavement through accident or homicide. Referrals are accepted from within the East /West Midlands and beyond where appropriate.

### **33. Oxford, Stress and Trauma Centre**

Tel: 01993 77 90 77

Fax: 01993 77 94 99

47 High Street

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Witney  
Oxford  
OX28 6JA.

Contact: Claudia Herbert: [claudia.herbert@oxdev.co.uk](mailto:claudia.herbert@oxdev.co.uk) or  
The Practice Manager: Clare Hadland: [clare.hadland@oxdev.co.uk](mailto:clare.hadland@oxdev.co.uk)  
[www.oxdev.co.uk](http://www.oxdev.co.uk)

The Oxford Stress and Trauma Centre was founded in 1998 by its Clinical director, Dr Claudia Herbert and is a part of The Oxford Development Centre Ltd. The Oxford Stress and Trauma Centre, Oxfordshire's first independent, private trauma service, offers specialist, individually tailored psychological assessment and treatment of all stress- and trauma-related problems, including Posttraumatic Stress Disorder (PTSD). This includes traumas caused by accidents, assaults, disasters and catastrophes, as well as, complex traumas, such as childhood abuse, war trauma, hostage takings, torture, or suicide bombings. Additionally, we work with clients who may have been diagnosed as suffering from personality disorders, as well as, various dissociative problems, including Dissociative Identity Disorder (DID).

We are able to provide medico-legal assessment and treatment work, as well as, supervision or therapeutic treatments for fellow professionals. Our approach is collaborative and we use the latest evidence-based treatment methods, including Cognitive Behavioural Trauma Therapy (CBTT), Eye Movement Desensitization (EMDR), as recommended by the NICE guidelines, but also Sensory Motor Therapy and body-centred trauma approaches, such as Calatonia.

The Centre accepts direct self-referrals from clients; Solicitors; GPs; or other Health Professionals. We also offer a service to professionals from the Emergency Services, the Health Service or other Agencies and Organizations, as requested by their Occupational Health or Human Resources Departments. We work with adults, adolescents and children, who have experienced trauma. We can also now offer a service to clients who would prefer to see us in our other premises in Stroud, Gloucestershire. We are happy for you to contact us so that we can answer any other questions you may have.

### 34. Oxford

Tel: 01865 738878.

The Warneford Hospital  
Warneford Lane  
Oxford  
OX3 7JX

Contact: Martina Mueller: [martina.mueller@oxfordhealth.nhs.uk](mailto:martina.mueller@oxfordhealth.nhs.uk)

The Oxford Psychological Services Trauma Clinic is an out-patient clinic specialising in the assessment and treatment of psychological difficulties arising from traumatic experiences in adulthood including PTSD, depression, panic and other anxiety disorders. The clinic is open to referrals from community mental health teams in Oxfordshire, the IAPT service and other specialist agencies.

The service *does not* accept direct referrals from the public. The service is located at the Warneford Hospital, Oxford. Patients will be seen within six weeks of referral for an initial assessment appointment. There may be a wait for treatment thereafter.

### 35. University of Plymouth

Tel: 01752 588887

Peninsula Allied Health Centre  
Derriford Road  
Plymouth  
PL6 8BH

Contact: Rudi Dallos: [rdallos@plymouth.ac.uk](mailto:rdallos@plymouth.ac.uk)

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All of us will experience various forms of loss and traumas during our lives. These can be painful and distressing but are also a normal part of life.

However in some circumstances these experiences are so overwhelming that we may need professional advice and support in order to help us to cope. The support required may vary but we adopt the view that an important focus is to empower people to draw upon, and enhance their own personal resilience and sources of support. The purpose of the centre is to provide training, advice and consultation to services and professionals who work with individuals, families and communities. We also conduct research and collaborate with services to help develop their provision.

### **36. Reading, Berkshire Traumatic Stress Service**

Tel: 0118 9296400.

Berkshire Healthcare Foundation NHS Trust

Erleigh Road Clinic

25 Erleigh Road

Reading

Berkshire

RG1 5LR.

Contact: Dr. Deborah Lee: [deborah.lee@berkshire.nhs.uk](mailto:deborah.lee@berkshire.nhs.uk)

### **37. Raphael Healthcare**

Contact: Phil Coombes on Tel: 01636 642380

Briars Hey, Mill Lane

Rainhill

Prescot

Merseyside

L35 6NE

Contact: Raphael Healthcare: [www.raphaelhc.org.uk](http://www.raphaelhc.org.uk)

Raphael Healthcare is a private provider of inpatient secure care. Its Multi-Disciplinary team have developed expertise in working in the field of trauma in secure female populations. Raphael Healthcare currently has one, female only, 46 bedded hospital in Newark Nottinghamshire. A needs analysis within the service identified high levels of trauma in secure female settings and as such a multi phased treatment approach was implemented. This utilised approved interventions to assist in the assessment and treatment of emotional and behavioural reactions, such as severe depression, anxiety, eating disorders, self-injurious behaviours, violent behaviours etc., to traumatic incidents. These reactions have led to service users needing detention for their own safety or the safety of others. The care pathway is designed to support individuals on their road to recovery and is approved by the Care Quality Commission.

### **38. Watford, PTSD Clinic**

Tel: 01923 217554

The Post Traumatic Stress Clinic

Shrodells Psychiatric Unit

Watford General Hospital

Vicarage Road, Watford

Hertfordshire

WD1 8HB

Contact: Andy Millard: [millard.aj@gmail.com](mailto:millard.aj@gmail.com)  
John Spector: [emdr.org@btopenworld.com](mailto:emdr.org@btopenworld.com)  
(also for advice on EMDR)

**The UKPTS does not specifically endorse, recommend, or regulate any of the organisations listed**

**39. York**

Tel: 01904 430370

The Psychological Trauma Service at the Retreat York.

The Tuke Centre

28 Green Dykes Lane

YORK

YO10 3HH

Contact: Dr Mark McFetridge Consultant Clinical Psychologist:

[mmcfetridge@theretreatyork.org.uk](mailto:mmcfetridge@theretreatyork.org.uk)

or

Dr Julia Coakes Senior Clinical Psychologist:

[jcoakes@theretreatyork.org.uk](mailto:jcoakes@theretreatyork.org.uk)

For information about referrals/ appointments

Contact: Sue Edwards: [outpatients@theretreatyork.org.uk](mailto:outpatients@theretreatyork.org.uk)

[www.thetukecentre.org.uk/psychological-trauma.html](http://www.thetukecentre.org.uk/psychological-trauma.html)

We are an experienced multidisciplinary team and provide a comprehensive range of services for traumatised individuals, either as an outpatient at the Tuke Centre and, or where appropriate, residential within the Retreat.

**40. The Veterans Service, York**

Contact: Antony Brown: 01904 620781

31 Bootham

York

YO30 7BT

CBT Clinics Trauma Service

Email: [info@cbtclinics.co.uk](mailto:info@cbtclinics.co.uk).

"Improving the wellbeing of the armed forces veterans community"

A collaboration between CBT Clinics and the York Stress & Trauma Centre, The Veterans Service offers a seamless integration of psychological assessment, treatment and follow up for the veterans' community utilising evidenced based interventions, abiding by NICE Guidelines.

The Veterans Service provides a nationwide network of accredited CBT Psychotherapists, Clinical Psychologists and EMDR practitioners offering psychological outpatient treatment for veterans. We also provide an intensive psychological treatment programme based in York. The fast-track five day programme provided by Matthew Cole (ex-service RN), offers daily evidenced based treatment with accommodation provided. There are over 800 clinicians providing Trauma-focused CBT and EMDR.