

I am a psychologist who has a significant case load of clients with severe mental health issues. I am concerned at the proposed reduction of visits from a maximum of 18 to a maximum of 10. With the former it is possible for clients to come to understand the source of their problems, and to develop skills and strategies to deal with them. With 10 sessions an immediate problem can be dealt with, but it is not possible to deal with deep seated habits or issues effectively.

To summarise: (1) with a potential 10 visits it possible to deal with specific problems as they arise; and (2) with a potential 18 visits therapy it is possible to not only address the immediate problem, but some of the underlying causes – so that over time clients become self reliant and do not need outside interventions to solve problems (eg interventions with families).

Kind regards,

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