

***Access to Allied Psychological Services Projects  
Trial of Telephone-Based Cognitive Behavioural Therapy  
Implementation***

**CIRCULAR No. 8  
5 September 2008**

This circular is to provide an information update for the T-CBT trial.

**TRAINING**

All T-CBT ATAPS workers must undertake mandatory training in the delivery of T-CBT. This training is being delivered by the APS and all training has been developed for delivery via webinar and tele-conference technologies. The T-CBT training consists of two modules:

- Module One - Three (3) hour training on the adaptation of cognitive behavioural therapy for telephone-based service delivery and the evaluation requirements of the Trial; and
- Module Two - One (1) hour follow-up training designed to support and reinforce the initial training module planned for approximately 8 weeks post initial training. This training is designed to be undertaken once ATAPS workers have begun to deliver T-CBT.

All Divisions have been contacted about training times for Module One: the first session occurred on 4 September 2008 and it is anticipated that all training will be completed by 19 September 2008. The APS will notify relevant Divisions when an ATAPS worker has completed Module One of the training. They will then be eligible to commence the delivery of services.

**AVAILABLE RESOURCES**

The APS will be providing a *Clinical Support Service* for the ATAPS workers to receive clinical support and advice about any aspect of the delivery of the T-CBT trial program.

In addition, the APS will provide workers with a set of resources to assist them in delivering T-CBT sessions. This will be provided during the training phase.

Information sheets for GPs and consumers have been prepared and are attached to this circular. These sheets are designed to provide an overview of the Trial to those GPs and consumers interested in taking part.

- The information sheet for consumers also serves as a consent form for the trial. Once completed, this should be attached to the Mental Health Care Plan for the ATAPS workers, with a copy kept on file.

### **WHAT YOU AS DIVISIONS NEED TO DO**

In order to get the best possible results of the Trial, it would be appreciated if you could talk to your GPs about the Trial. It would also be appreciated if Divisions could provide the GP information sheets to GPs, along with the information sheet for GPs. Before doing so, please insert the appropriate ATAPS worker details for your Division on the GP Information Sheet before providing it to GPs

### **WHAT TO DO IF YOU HAVE QUESTIONS**

- For clinical questions, please contact the APS directly – a specialised 13 number will be provided when it becomes available. In the interim please contact Ms Lynne Casey, Senior Project Coordinator, Australian Psychological Society, Phone: 03 8662 3300.
- For program related questions, please contact your DLO.

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Community Services Section  
Mental Health and Suicide Prevention Programs Branch  
Mental Health and Workforce Division