

NHS Somerset Talking Therapies

Glossary of Terms

SERVICES:

CAMHS:	Child and adolescent mental health service
CMHS/T:	Community Mental Health Service/Team
FRS:	First Response Service
HTT:	Home Treatment Team
IAPT:	Improving Access to Psychological Therapies (previous name of Talking Therapies)
OMH:	Open Mental Health
SPI:	Specialist Psychological Interventions
STTS/TTad:	NHS Somerset Talking Therapies Service for anxiety and depression
VCFSE/VCSE:	Voluntary, community, faith and social enterprise sector

THERAPY APPROACHES / CLINICIANS:

CBT/HICBT:	Cognitive Behavioural Therapy or Cognitive Behavioural Therapist
DIT:	Dynamic Interpersonal Therapy
EMDR:	Eye movement desensitization and reprocessing
F2F:	Face to face
GSH:	Guided self help
GSHT:	Guided self-help telephone
HI:	High Intensity
IPT:	Interpersonal Therapy
LICBT:	Low Intensity CBT
MBCT:	Mindfulness-based cognitive therapy
NET:	Narrative Exposure Therapy
PWP:	Psychological Wellbeing Practitioner

SPWP:	Senior Psychological Wellbeing Practitioner
PT:	Psychological Therapist or Psychological Therapy
PCE CfD:	Person-Centred Experiential Counselling for Depression
TL:	Team Lead
DTL:	Deputy Team Lead

INTERVENTIONS / QUESTIONNAIRES:

ADSM:	Anxiety Disorder Specific Measures
BA:	Behavioural Activation
BE:	Behavioural Experiment
COM-B:	Capability, Opportunity, Motivation-Barriers
CR:	Cognitive Restructuring
E&H:	Exposure & Habituation
ERP:	Exposure and Response Prevention
GAD-7:	General Anxiety Disorder questionnaire 7
HW or HP:	Homework or Home Practise
MDS/ROMS:	Minimum Data Set/Routine Outcome Measures (questionnaires/outcome measures)
OCI:	Obsessive Compulsive Inventory
PHQ-9:	Patient health questionnaire 9
PCL-5:	PTSD Checklist for DSM-5
PEQ:	Patient Experience Questionnaire
PS:	Problem Solving
SCO:	Silvercloud (online)
TF-CBT:	Trauma Focused Cognitive Behavioural Therapy
WM:	Worry Management

PATIENT ELECTRONIC RECORD SYSTEMS:

IAPTus:	Talking Therapies patient record system
RiO:	CMHS patient record system
SIDER:	GP/hospital record system accessed via RiO

DISORDERS:

BDD:	Body Dysmorphic Disorder
c-PTSD:	Complex PTSD
EUPD:	Emotionally Unstable Personality Disorder
GAD:	Generalised anxiety disorder
HA:	Health Anxiety
OCD:	Obsessive Compulsive Disorder
PTSD:	Post Traumatic Stress Disorder
SA:	Social Anxiety

LOCATIONS/TEAM BASES:

BR:	Bridgwater
CH/SoSo:	Chard/South Somerset
OOA:	Out of Area
TA:	Taunton
TM:	Minehead
WE:	Wells/Mendip

MISCELLANEOUS:

CAN:	Cancelled
DASH:	Domestic Abuse Stalking and Honour-Based Violence (risk assessment form)

DNA:	Did Not Attend
DV/DA	Domestic Violence/Domestic Abuse
GP:	General Practitioner
MAPPA:	Multi Agency Public Protection Arrangements
MARAC:	Multi Agency Risk Assessment Conference