

Specialist OCD Service – A Referral Guide

Contact us

To get in contact with the Specialist OCD Team, please contact our main admin on:

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About the Specialist OCD Service

The Specialist OCD Service is made up of a Clinical Psychologist (Lead), High Intensity Specialist Psychological Therapy Practitioner and an Assistant Psychologist. The team is also supported by a Consultant Psychiatrist (0.1wte) who can offer diagnostic and medication review where necessary.

The service supports people (18yrs+) with complex OCD. This includes OCD that is complicated by co-morbid problems, has not responded to previous interventions and is having a significant effect on day-to-day functioning.

Where necessary, the service is able to offer home appointments and work intensively with individuals and their families to support engagement in therapy.

The service uses Cognitive Behaviour Therapy (CBT) and Exposure Response Prevention (ERP), as recommended by NICE. However, we are also able to adapt our approach to incorporate other psychological models where necessary.

OCD Pathway

The Specialist OCD Service is one of several services offering support to people with OCD. These services include:

Primary Mental Health Support Service (PMHSS)

PMHSS initially offers a Part 1 assessment for those with a mild to moderate mental health problem (including OCD) referred by either their GP, Primary Care Liaison Worker (PCLW) or by secondary mental health services. The outcome of the assessment may be signposting to an appropriate non-NHS resource or the provision of guided self-help/ online CBT or onward referral to relevant NHS services.

Psychological Therapies Hub

The Therapies Hub run a 10-week CBT for OCD group at various locations across Cardiff and Vale. The group usually consists of around 8-10 people, has very good outcomes and also provides links into additional support networks (e.g. a follow-up Peer Support Group). In a small number of cases, the Therapies Hub can also provide 1:1 CBT (and ERP) for people experiencing OCD and where a group may not be preferable. This decision is made at assessment and is considered on a case-by-case basis by the Therapies Hub Team.

Community Mental Health Teams (CMHTs)

CMHTs can provide Care- Coordination and medical management for people with OCD requiring secondary services. Psychologists within the CMHT also have expertise in treating a range of psychological difficulties, including OCD. In some cases, CMHT Psychologists may want to work with people with OCD within the CMHT, rather than refer to the Specialist Service (particularly if the person has not had a trial of therapy before, or needs a co-ordinated MDT approach).

Where possible, it is suggested that referrers discuss referrals with the CMHT Psychologist and MDT before a referral to the Specialist OCD Team.

OCD Criteria

People with OCD will usually:

- Experience recurrent intrusive thoughts, impulses or images which are 'ego-dystonic' (i.e. counter to their values)
- Find these thoughts upsetting, disturbing and anxiety provoking and try to suppress or counteract them.
- Engage in compulsive behaviours (e.g. hand washing, checking) or mental acts (e.g. praying or counting) in response to thoughts.
- Believe something bad will happen if they do not perform these behaviours.

Making a Referral

CMHTs and the Therapies Hub can refer to the Specialist OCD Service. The flowchart can be used as a guide.

Please note

- People with severe and complex OCD will usually be expected to have ongoing needs requiring care co-ordination from the CMHT.
- Where it is unclear if a person meets criteria for the Specialist OCD Service, please first refer to the Therapies Hub. The OCD Service is happy to offer joint assessments with the Hub in these cases.
- Some clinicians screen OCD using the Obsessive Compulsive Inventory (OCI). However, if possible, we also recommend clinical interview using the OCD criteria above.
- It can be helpful to indicate to clients that they are first being referred for an assessment, and that treatment options can be discussed following this.

Out of Area Referrals

Occasionally people with OCD are referred for input outside of C&V UHB. If possible, we ask that referrers first contact the Specialist OCD Team. We have developed guidance on this process and can assist with the application, where necessary.

Referral flow chart

