



The Complex Trauma and Dissociation Clinic

Contact:

www.ctadclinic.co.uk

mike.lloyd3@nhs.net

[01948 519690](tel:01948519690)

CTAD Service Referral Pathway

Download Dissociative Experiences Scale (DES) and Somatoform Dissociation Questionnaire (SDQ) from www.ctadclinic.co.uk

Patient completes both forms, to be added to referral (patient can alternatively download separately and send on questionnaires directly via e-mail)

Referral for assessment of complex trauma and dissociation to contain:

- Name, age, DOB, address
- family background
- history – social, employment, childhood
- presenting issues
- risk factors (e.g. self-harm, suicide)
- medication
- treatment attempted (e.g. CBT, DBT, EMDR)
- services referred to (e.g. community mental health, IAPT)
- admission history

Referral via NHS Net e-mail to Dr Mike Lloyd, Consultant Clinical Psychologist

On receipt of referral, an appointment letter will be sent to patient for initial assessment as part of overall diagnostic process; copy sent to referring GP (or discussion if needed).

Patient attends initial appointment after confirming via e-mail or phone with The CTAD Clinic

If appropriate, second appointment booked with patient for diagnostic assessment using the Structured Clinical Interview for Dissociative Disorders. Following this, a report is written, shared with patient and copy sent to GP. Report outlines diagnosis and any suitable recommendations for treatment.

If patient already has a diagnosis of a dissociative disorder, the above is still required, and assessment will remain as first contact, to be reported back to referring GP with outcome.