



# The Complex Trauma and Dissociation Clinic

Contact:

[www.ctadclinic.co.uk](http://www.ctadclinic.co.uk)

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## **CTAD Service Referral Pathway**

Download Dissociative Experiences Scale (DES) and Somatoform Dissociation Questionnaire (SDQ) from [www.ctadclinic.co.uk](http://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.