

Reference:	FOI.18618.25
Subject:	Behavioural and psychological therapies
Date of Request:	16 October 2025

Requested:

1. I would like to request information about how long people who started a course of Cognitive Behavioural Therapy (CBT) with a qualified practitioner during the period of Jan 2024 to Sept 2025, had been waiting to start their therapy.
It would be helpful to know:
 - a. The average wait time
 - b. The minimum wait time
 - c. The maximum wait time
2. If you cannot provide wait times for CBT, please could you provide information about how long people who started a course of high intensity or specialist psychological therapy (as defined in Matrics Cymru) during the period of Jan 2024 to Sept 2025 had been waiting to start their therapy.
Again, it would be helpful to know:
 - a. The average wait time
 - b. The minimum wait time
 - c. The maximum wait time

Response:

Hywel Dda University Health Board (UHB) does not hold all of the information requested, as it does not record the average wait times. However, the UHB provides the information it does hold overleaf.

1. The UHB provides, within the table below, the minimum and maximum wait times, in weeks, for patients to commence Cognitive Behavioural Therapy (CBT), during the period 1 January 2024 to 30 September 2025.

CBT	Weeks waiting
Minimum wait	1
Maximum wait	134

2. In addition to the wait times provided for CBT above, the UHB provides within the table below, the minimum and maximum wait times, in weeks, for patients to commence high intensity or specialist psychological therapies, during the period 1 January 2024 to 30 September 2025.

Therapy	Minimum weeks waiting	Maximum weeks waiting
Dialectical Behaviour Therapy (DBT)	1	134
Cognitive Analytic Therapy (CAT)	12	124
Art Therapy	6	113
Integrative Therapy	1	108
Schema Therapy	68	117
Systemic Therapy	24	169
Eye Movement Desensitisation and Reprocessing (EMDR)	1	125
Trauma-Focused (TF) CBT	3	217