

Reference:	FOI.11988.23
Subject:	NHS Talking Therapies
Date of Request:	19 June 2023

Requested:

I am writing to you under the Freedom of Information Act 2000 to request the following information around the procurement of services under the NHS Talking Therapies, formerly IAPT (Improving Access to Psychological Therapies) program.

Please provide data on providers, volume and value for outsourcing and insourcing IAPT (NHS Talking Therapies) services within your respective trust, board, or ICS for the financial years 2022-23, 2021-22, 2020-21, 2019-20, 2018-19.

Please provide the following:

- a) name of the provider to whom is outsourced/insourced,
- b) the total value of the services provided/contract (in £s), and
- c) total volume of appointments procured (as # of appointments covered/completed under the agreement)

We have defined **outsourcing** as an external (third party) provider that has been contracted by your trust, health board or ICB to deliver therapy, and **insourcing** as internal bodies within your trust, health board or ICB delivering the required therapy.

Services that we considered included under NHS Talking Therapies / IAPT are the following:

- Guided self-help based on cognitive behavioural therapy principles
- Cognitive behavioural therapy (CBT)
- Interpersonal therapy (IPT)
- Couple therapy for depression (CTfD) or behavioural couple therapy (BCT)
- Dynamic interpersonal therapy (DIT)
- Counselling for depression (PCE-CfD).
- Mindfulness-based cognitive therapy (MBCT)
- Trauma-focused cognitive behavioural therapy (TfCBT)
- Eye movement desensitisation and reprocessing (EDMR)

Please provide the data requested by this FOI in the attached Excel template where you can fill in the necessary information.

Response:

Improving Access to Psychological Therapies (IAPT) talking therapies was a five (5) year programme undertaken in NHS England and was not undertaken in NHS Wales. Therefore, as Hywel Dda University Health Board (UHB) is part of NHS Wales, the UHB does not hold the information requested.