

Our Ref: NG/RM/26116
Date: 19th May 2026

Nicola Griffiths
Deputy Director of Governance
North Staffordshire Combined Healthcare NHS Trust
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ST4 8HH

Reception: 0300 123 1535

Dear

Freedom of Information Act Request

I am writing in response to your e-mail of the 20th April 2026. Your request has been processed using the Trust's procedures for the disclosure of information under the Freedom of Information Act (2000).

Requested information:

I hope this is the appropriate place to direct this query to, please let me know if not, and thank you in advance for your support with this.

I'm currently a trainee counsellor and part of my level 5 course is a research project. My proposed topic is on the number of counselling sessions offered to patients by organisations to see if there is any consistency in the offer and how many sessions is ideal for patients. In light of this, could you please let me know the answers to the following questions?

1. Does your organisation currently provide counselling services to patients? (If no, please don't worry about the remaining questions!). **Yes**
2. How many counselling sessions are made available for patients?
 - **Counselling for Depression (CfD) up to 10 sessions.**
 - **Interpersonal Therapy (IPT) 16-20 sessions.**
3. Are patients/counsellors given the option to extend the number of sessions if required? If so, is there a maximum number of sessions? **There can be some flexibility with the number of sessions offered if clinically indicated and agreed in supervision for example up to 12 for CfD. Max 20 sessions for IPT.**
4. What rationale was used to set the number of sessions offered to patients? Is there any written reports or guidance that you used to support the decision? If yes, which? **Rationale used to set number of sessions in line with the evidence base, National Institute for Health and Care Excellence (NICE) guidelines recommendations and Talking Therapies manual.**

If you are dissatisfied with the handling of your request, you have the right to ask for an internal review of the management of your request. Internal review requests should be submitted



Chair: Janet Dawson
Chief Executive: Dr Buki Adeyemo
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within two months of the date of receipt of the response to your original letter and should be addressed to: Dr Buki Adeyemo, Chief Executive, North Staffordshire Combined Healthcare Trust, Trust Headquarters, Lawton House, Bellringer Road, Trentham, ST4 8HH. If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF.

Yours sincerely



Nicola Griffiths
Deputy Director of Governance