

**Information Governance**

The Green  
1 Roger Dowley Court  
Russia Lane  
London  
E2 9NJ

**Email** [elft.foi@nhs.net](mailto:elft.foi@nhs.net)

**Website:** <https://www.elft.nhs.uk>

4 January 2022

**Our reference: FOI DA4040**

I am responding to your request for information received 9 December 2021. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,



Keshia Harvey  
Information Governance Manager

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 0303 123 1113  
Web: [www.ico.org.uk](http://www.ico.org.uk)

**Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention**

Chair: Mark Lam

Chief Executive: Paul Calaminus

*We care*

*We respect*

*We are inclusive*

**Request:** Please note that I have a mental health disability and may require additional assistance from you to reframe/reword this FOIA request, as I am entitled to request under the Act:

**Question 1:** Please confirm whether ELFT offers cognitive analytic therapy (CAT) to service users living in Tower Hamlets.

**Answer:** CAT is available to service users within the Mental Healthcare for Older People (MHCOP) service; there is also some very limited provision within the Early Intervention in Psychosis (EIP) service. It is not available in other services for working age adults, this includes IAPT.

In MHCOP, the Psychology Lead is a CAT therapist and supervisor and all three psychologists are either formally trained or receive CAT supervision from the lead. In EIP, one psychologist can offer CAT with supervision from an MHCOP CAT supervisor in training.

**Question 2:** If ELFT offers CAT to Tower Hamlets service users, please list the ELFT service(s) providing CAT, and the admitting criteria / policies applied to assess whether a service user qualifies for CAT.

**Answer:** MHCOP and EIS. The admission criteria for accessing CAT within MHCOP is being accepted by MHCOP, (i.e. aged over 65 and in need of secondary mental health services). Within EIP, the criteria is being accepted by EIP (i.e. experiencing a first episode of psychosis) and being assessed as particularly suitable for a CAT intervention (rather than another modality such as CBTp).