

**Information Governance**

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01 March 2024

**Our reference: FOI DA5199**

I am responding to your request for information received 4 February 2024. 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,

Information Rights Coordinator

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**



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.  
**We care . We respect . We are inclusive**

**Interim Chief Executive Officer:** Lorraine Sunduza  
**Chair:** Eileen Taylor

**Request:**

**Question 1a: Is ongoing long term open-ended psychotherapy treatment available to patients within the East London NHS Foundation Trust**

**Answer:** No, the Trust does not provide open-ended psychotherapy treatment.

**Question 1b: and more generally within the NHS?**

The Trust has reviewed question 1b of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

*Any person making a request for information to a public authority is entitled—  
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and  
(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust does not record whether the NHS generally provides long term open-ended psychotherapy as requested and is therefore unable to provide a response.

**Question 2a: If not, can you confirm the maximum length of psychotherapy available within the East London NHS Foundation Trust**

**Answer:** For both adult and children services, there is no maximum length of psychotherapy available.

**Question 2b: and more generally within the NHS?**

The Trust has reviewed question 2b of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

*Any person making a request for information to a public authority is entitled—  
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and  
(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust does not record the maximum length of psychotherapy is available generally within the NHS as requested and is therefore unable to provide a response.



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