



East London

NHS Foundation Trust

Information Governance

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22 July 2025

Our reference: FOI DA6126

I am responding to your request for information received 27 June 2025. This has been treated as a request under the Freedom of Information Act 2000.

When an organisation receives a request for information under the Freedom of Information Act, it is allowed under the Act to apply a blanket exemption to this where it has concluded that providing a response would take in excess of eighteen hours.

When the cost of compliance and extracting information would exceed eighteen hours, a cost limit of £450 can be applied. This is explained in Section 12 of the Freedom of Information Act 2000 and is based on a rate of £25 per hour, regardless of the rate of pay of any individual involved in the retrieval of requested information, and equates to eighteen hours work.

Having reviewed your request, the Trust has noted that it would not be able to provide all the information requested within the eighteen hours specified in the Freedom of Information Act 2000. However, in this instance and to assist you, we have provided a partial response to your request as per below.

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



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Chair: Eileen Taylor

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

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



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Request: Provide answers to the following questions for your Trust for each of the last three financial years (or calendar years if easier):

Question 1: How many NHS staff have received EMDR (Eye Movement Desensitization and Reprocessing) therapy through your staff wellbeing or occupational health service?

Answer: The Trust has reviewed question 1 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 offer Eye Movement Desensitization and Reprocessing (EMDR) therapy to staff and is therefore unable to provide a response.

Question 2: What is the average number of EMDR sessions per staff member treated?

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

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

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East London NHS Foundation Trust does not offer Eye Movement Desensitization and Reprocessing (EMDR) therapy to staff and is therefore unable to provide a response.

Question 3: How many staff did not complete the full EMDR course (drop-out or DNA rates) each year?

Answer: The Trust has reviewed question 3 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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East London NHS Foundation Trust does not offer Eye Movement Desensitization and Reprocessing (EMDR) therapy to staff and is therefore unable to provide a response.

Question 4: For the same period, how many patients in forensic mental health units received EMDR therapy, if recorded in your standard service data?

Answer: Three patients received EMDR therapy in the last three years.

Question 5: Are there any standard internal costings for providing EMDR per patient or per session?



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Answer: The Trust has reviewed question 5 of your request for information under the Freedom of Information Act (FOI) 2000.

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East London NHS Foundation Trust does not record the information requested and is therefore unable to provide a response.

If TF-CBT figures are only available for general trauma cases (not staff-specific), please provide what is readily available. Approximate figures are fine.

Question 6: For each of the last three years, how many patients have received TF-CBT for trauma-related issues (including NHS staff and/or patients in secure forensic units)?

Answer: The Trust has reviewed question 6 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 12(1) of the Freedom of Information Act 2000 states:

Section 12(1) does not oblige a public authority to comply with a request for information if the authority estimates that the cost of complying with the request would exceed the appropriate limit

The Trust has reviewed your request for information and in order to collate this information, it would be necessary to review multiple records as the Trust does not routinely code or record TF-CBT activity in a structured way within our electronic patient record system (RiO). Where information exists, it is likely held locally by individual services in non-standardised spreadsheets or clinician notes, making it difficult to extract consistently. Most referrals involve comorbidities, and the presenting issue at referral may differ from the eventual therapeutic focus following assessment. For this reason, and due to the variation in how trauma-focused CBT is delivered and documented across services, we do not consider it appropriate to provide estimates or approximations. Responding to this request would require extensive manual review of local records across multiple services, which would take over 18 hours.

Question 7: What is the average number of TF-CBT sessions per patient?

Answer: The Trust has reviewed question 7 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 12(1) of the Freedom of Information Act 2000 states:

Section 12(1) does not oblige a public authority to comply with a request for information if the authority estimates that the cost of complying with the request would exceed the appropriate limit

The Trust has reviewed your request for information and in order to collate this information, it would be necessary to review multiple records as the Trust does not routinely code or record TF-CBT activity in a structured way within our electronic patient record system (RiO). Where information exists, it is likely held locally by individual services in non-standardised spreadsheets or clinician notes, making it difficult to extract consistently. Most referrals involve comorbidities, and the presenting issue at referral may differ from the eventual



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therapeutic focus following assessment. For this reason, and due to the variation in how trauma-focused CBT is delivered and documented across services, we do not consider it appropriate to provide estimates or approximations. Responding to this request would require extensive manual review of local records across multiple services, which would take over 18 hours.

Question 8: How many patients did not complete TF-CBT (drop-out or DNA rates) each year?

Answer: The Trust has reviewed question 8 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 12(1) of the Freedom of Information Act 2000 states:

Section 12(1) does not oblige a public authority to comply with a request for information if the authority estimates that the cost of complying with the request would exceed the appropriate limit

The Trust has reviewed your request for information and in order to collate this information, it would be necessary to review multiple records as the Trust does not routinely code or record TF-CBT activity in a structured way within our electronic patient record system (RiO). Where information exists, it is likely held locally by individual services in non-standardised spreadsheets or clinician notes, making it difficult to extract consistently. Most referrals involve comorbidities, and the presenting issue at referral may differ from the eventual therapeutic focus following assessment. For this reason, and due to the variation in how trauma-focused CBT is delivered and documented across services, we do not consider it appropriate to provide estimates or approximations. Responding to this request would require extensive manual review of local records across multiple services, which would take over 18 hours.

Question 9: Are there any standard internal costings for delivering TF-CBT per patient or per session?

Answer: The Trust has reviewed question 9 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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