



East London
NHS Foundation Trust
Information Governance
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3rd July 2026

Our reference: FOI DA6650

We are responding to your request for information received 4th June 2026. This has been treated as a request under the Freedom of Information Act 2000.

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

Yours sincerely,

FOI Team

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

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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

Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Question 1: Please could you confirm the maximum amount of therapy sessions/psychology input a patient in your trust's care, can access.

Answer: The number of sessions offered in psychological therapy will be agreed after assessment, in line with the therapy goals, modality (type of therapy, eg CBT, systemic etc), service model and specialty. Consequently the number of sessions offered will vary. Part of the therapeutic process will be planning and preparing for endings. Service users may be discharged if they do not attend appointments.



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