 

referral guidance

for referrals for Intercultural Therapy through the KeepingWell NCL Hub

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Introduction

KeepingWell NCL is now accepting referrals for health & care staff to be seen through our Intercultural Therapy Pathway, delivered through Nafsiyat Intercultural Therapy Centre.

Nafsiyat is an intercultural therapy centre committed to providing accessible psychotherapy and counselling for people from diverse religious, cultural and ethnic communities in London. The Nafsiyat team is made up of experienced, fully qualified psychotherapists and counsellors from diverse backgrounds who are sensitive to the particular therapeutic needs of cultural minority groups. The centre provides short-term intercultural therapy in over 20 different languages.

More information about KeepingWell NCL’s individual treatment pathways can be found via our website. Please visit <https://keepingwellncl.nhs.uk/referrals/>

How to refer

We accept referrals from any NCL colleagues, wellbeing leads, or HR directors. We can also accept self-referrals from all health & care staff in North Central London.

**To refer a health or care staff member to this service, please email** [**keepingwellncl@tavi-port.nhs.uk**](mailto:keepingwellncl@tavi-port.nhs.uk)**, marking your email as ‘Referral – Intercultural Therapy.**

**Please note that from January 2022 there will also be a live referral form available to all referrers via our website.**

Should you require any advice or guidance before referring a health or care staff member to this service, the Nafsiyat team are able to offer a brief consultation. Please email [keepingwellncl@tavi-port.nhs.uk](mailto:keepingwellncl@tavi-port.nhs.uk) to request a consultation with a Nafsiyat practitioner.

Who we see

The Nafsiyat service sees adults from Black and Ethnic Minority communities who are over 18 – there is no upper age limit. The centre provides short term intercultural therapy to anyone with anxiety disorders or moderate depression linked in some cases (especially anxiety presentations) with the experience of racism and cultural incidents.

There are some groups not suitable for treatment at Nafsiyat. The inclusion/exclusion guidelines below, provided by the Nafsiyat Intercultural Therapy Centre, outline these criteria.

## 1. Nafsiyat is not the right service for people who:

* are actively suicidal or a risk to others
* have severe problems with alcohol or drug misuse
* are already under the care of other specialist mental health services
* require secondary (specialist) mental health care involving a multi-disciplinary team approach. This includes people who will not engage with secondary care or are waiting to be seen.

## 2. In general, Nafsiyat will not be suitable for people with a diagnosis of psychosis

However, under the following circumstances they may be seen at Nafsiyat:

* if they are not under care-coordination
* if they are currently mentally stable and have been for some time, (i.e., they either have no residual psychotic symptoms, or any residual psychotic symptoms are stable)
* if they are depressed and wish to engage in psychological therapy focused on their depression.
* where problems are related to a personality disorder or where there are significant interpersonal difficulties.
* If they have had several unsuccessful attempts at treatment with Nafsiyat previously (a clinical discussion with the GP may be helpful in these situations)

## 3. Nafsiyat will see people who have had previous treatment in the service

If people have had previous successful or partially successful treatment, then it may be appropriate to offer: a top-up intervention; treatment with a different focus (new problem) or treatment for recurrence of a previous problem.

## 4. Nafsiyat works with people who want to and can engage in short term psychological treatment (up to twelve sessions)

Nafsiyat does not provide long term therapy and people being referred for this will not be taken on by the service.

## 5. Nafsiyat can work with people who are motivated enough to engage with the service

Frequent DNAs and erratic engagement will not lead to successful treatments and if that is happening people are unlikely to be able to use the service at that time, so will be discharged.

## 6. Nafsiyat can work with people presenting with anxiety

Within the context of understanding the cultural (acculturation, adjustment, and assimilation dynamics) or racial aspects of their disorder. This will be seen as part of the process of racial identity development work.

## 7. Nafsiyat acknowledges that clients from these communities (black and ethnic minorities) will present with disorders in part linked to systemic and structural issues

Therapists will acknowledge this within the therapy and where possible facilitate referrals to appropriate agencies.

## 8. Nafsiyat recognises the culturally bound nature of most disorders situated either within non-western or western cultural contexts

Its approach to therapy is therefore predicated on this understanding.

## 9. Nafsiyat can work with people who have mild learning disabilities or ADHD

If the focus of work is depression and the person is able to engage with a short-term psychological intervention.

## 10. Nafsiyat can work with harmful drinkers and/or recreational drug users presenting with depression

If they are able to attend sessions on a regular basis and are motivated to limit their substance use (before and during the therapeutic hour). Nafsiyat is not suitable for people with severe substance misuse problems (e.g., dependent alcohol problems) where that needs to be the focus of the intervention.

## 10. Nafsiyat’s focus on black and ethnic minority communities may also include individuals who identify as white

Who present with psychological problems because of their association (in a relationship with, dual heritage children, racial incident etc) with minoritised individuals/communities.

## 11. People presenting with problems relating to anger may be seen in Nafsiyat if this is associated with depression

If this is not the case, they will be signposted to other services or resources dealing specifically with anger management problems.

## 12. People who meet diagnostic criteria for an eating disorder are not seen in Nafsiyat and should be referred to specialist eating disorders services

Nafsiyat can work with people who present with less severe eating problems in the context of depression.

Improving access

Nafsiyat aims to improve access to psychological therapy for people who may struggle to access our services. The centre does this by:

1. Offering telephone or zoom sessions
2. Our therapists are from diverse cultural and ‘racial’ communities who also speak several different languages (we do not use interpreters). Our diverse cultural and multilingual team of therapists enable some multilingual clients with basic proficiency in English to mitigate the disabling effects of their limited linguistic agency in the UK.

Any questions?

**Please don’t hesitate to get in touch with the KeepingWell NCL Hub by emailing us at** [**keepingwellncl@tavi-port.nhs.uk**](mailto:keepingwellncl@tavi-port.nhs.uk)

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