



Improving access to evidence-based  
mental health therapy

## New models of care: The effective use of technology

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Mental Health: Making the forward plans a reality

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# Unique, clinically validated, written conversation, CBT method

### Your Goals

Walk to work for at least 10 minutes on three days each week **90% complete**  
by 12 November 2014 [Review](#)

To be able to tolerate symptoms of anxiety so that I can make important decisions such as choosing where I live, booking a holiday or buying a car. I will do this within six months. **45% complete**  
by 14 May 2015 [Review](#)

You have more goals...

### Your next appointments

Sun  
**08**  
Feb

**Felicity Wandsworth**  
04:00 to 04:30 GMT Standard Time  
30-minute appointment, Ref: TW000159

Started [Join](#)

Mon  
**09**  
Feb

**Felicity Wandsworth**  
07:00 to 07:30 GMT Standard Time  
30-minute appointment, Ref: TW000160

### Questionnaires to be completed

Generalized Anxiety Disorder (GAD-7)  
Due on 16 December 2014

IAPT Phobia Scales  
Due on 16 December 2014

### Your therapist

Your therapist is:  
**Felicity Wandsworth**

[Contact your therapist](#)  
[Your therapist's calendar](#)  
[Check your progress](#)

### Help with this website

[What is CBT?](#)  
[Online Therapy Guidelines](#)  
[Setting Goals](#)

### Contact Us

Thinkwell  
The Grange  
Market Street  
Swavesey  
CB24 4QG  
Tel: 01480 467 214

- 500 BABCP therapists
- Therapy via typed messaging in secure one-to-one therapy area (scheduled sessions)
- Online access to homework tasks & outcome questionnaires
- Secure asynchronous messaging between sessions
- Review of verbatim transcripts
- Complete record of therapy available to patient for review post discharge

### Your time

**12:38** **Live Session** Sunday, 26 February (14:00 to 15:00)

12:36 Hello

**Felicity Wandsworth**

12:36 Hello

**Bertrand Spalding**

12:36 How are you feeling today?

**Felicity Wandsworth**

12:37 Last week's discussion really helped but I am still struggling with getting up in the morning.

**Bertrand Spalding**

Type your response here:  

[Send](#)

### Participants

**Bertrand Spalding** [Online](#)

### Actions

[Print transcript...](#)  
[Save transcript...](#)  
[Save transcript as PDF...](#)

[Finish appointment](#)

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# Access to data enables accountability in care

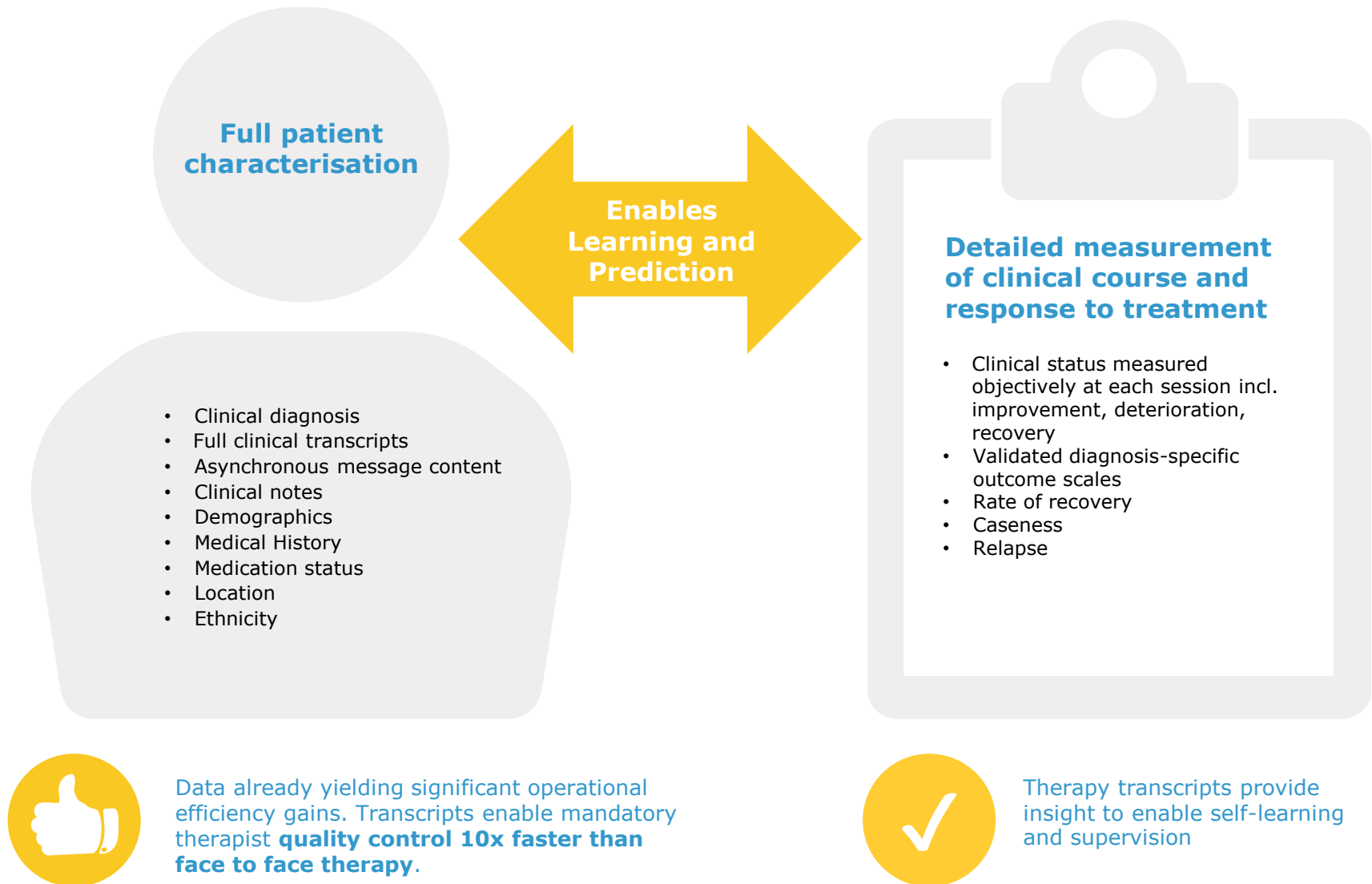


Drill down to show individual therapist performance



Ieso's data analytics allow therapist performance data to be continually monitored

Personalised support and training based upon individual therapist data can be delivered



1.

## **Therapist Variables**

Identification of variables that consistently lead to good clinical outcomes

2.

## **Ieso Equation ©**

Development of a quantifiable method of measuring therapists' clinical skills using three aspects that are proven to lead to good clinical outcomes

3.

## **8 stage model ©**

Identification of 8 areas where therapy may go wrong. Model is embedded in Ieso CPD programme

## The 8 stage model



Full assessment  
and formulation  
leading to a  
provisional  
diagnosis



Use of appropriate  
measures: MDS  
and ADSM



Differential  
Diagnosis



Select appropriate  
disorder specific  
treatment protocol



Adhere to  
protocol



Collaborative review  
exploring key  
milestones



Collaborative  
blue print



Reflective  
process  
(scientist  
practitioner)

# Next Steps





Thank you

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