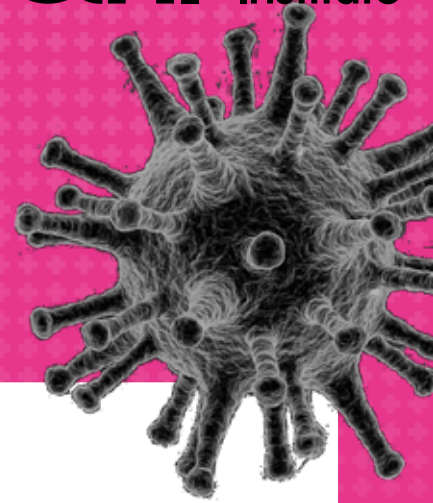
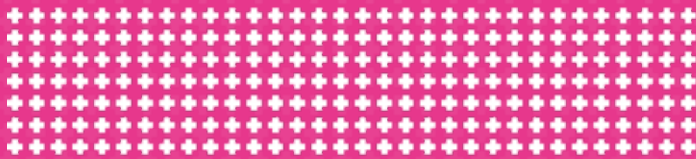


## Community Nursing Covid-19 Innovation/Best Practice

# CASE STUDY

### Virtual Dialectical Behavioural Therapy in Cornwall



## 1/

### Personal details

**Name:** Sarah-Louise Skitt

**Job title:** DBT Specialist Nurse Therapist

**Employer:** Cornwall Foundation Trust

## 2/

### Please describe your practice innovation.

Dialectical Behavioural Therapy (DBT) has four parts, the 1:1 individual psychotherapy sessions with a therapist, group therapy, skills coaching and DBT consultation for the therapist.

To ensure that all our patients continued to receive full DBT in a time where we have been unable to offer in person face-to-face appointments we have created virtual groups and a virtual DBT consultation.

This way we have continued to be able to offer safe face-to-face therapy with the help of information technology.

## 5/

### Do you see this new way of working as a temporary adaptation to current conditions, or a permanent/evolving change?

There are relational issues with working virtually and it is often part of the therapy process to have people leave their homes and attend a different setting. Therefore I do not think virtual therapy is a complete solution, but it may remain part of our practice in future.

## 3/

### How has this enabled you to treat/support patients/residents/families/carers more effectively and safely?

It means that people do not have to leave their homes to receive therapy.

## 6/

### Please describe any particular challenges you had to overcome.

Not all patients have access to WIFI or a situation at home where they feel is safe and confidential in which to receive therapy.

Finding the appropriate software to use to hold group sessions.

## 4/

### How has this enabled you to work more effectively with colleagues/partner organisations?

It has meant less travel time for patients and staff. It also means that in a large county with patients spread over a wide geographical area, we can allocate staff according to need rather than location.

## 7/

### Please describe any continuing challenges you would like to address.

I would like to ensure that all patients have access to a space locally where they feel safe and secure to attend therapy and have access to WIFI and appropriate equipment. Maybe we could work with our GP colleagues in order to offer this.