



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Oifig an Ceannaire Seirbhíse  
Seirbhísí Meabhairshláinte an Mheán Iarthair  
Cúram Sláinte Phobail FSS an Mheán Iarthair  
Elmhurst  
Ospidéal Naomh Iosaef  
Sráid Mulgrave  
Luimneach  
V94 C8DV  
Tel: 061 461435/061 461313  
Facs: 061 416744

Office of Head of Service  
HSE Mid West Community Healthcare  
Mid-West Mental Health Services  
Elmhurst  
St. Joseph's Hospital  
Mulgrave Street  
Limerick  
V94 C8DV  
Tel: 061 461435/061 461313  
Fax: 061 416774

Mr. Joe Carey, TD,  
Frances Street,  
Ennis,  
Co Clare.

26<sup>th</sup> February 2019

**Re: PQ 6104/19 – “To ask the Minister for Health the position in relation to access to Cognitive Behavioural Therapy through the County Clare Mental Health Service and if he will make a statement on the matter”**

Dear Deputy Carey,

I refer to the above Parliamentary Question and wish to advise of the following.

CBT is a psychological intervention provided in the main in CHO3, including Co. Clare, by Psychologists as part of Community Mental Health Teams. CBT is one of a range of psychological therapies available through the Community Mental Health Team Psychologist.

There is no stand-alone CBT service provided through CHO3 Community Mental Health Teams. In some instances team members, other than psychologists, have undertaken post-qualification training in CBT. CBT is available on those teams where such individuals have undertaken appropriate training.

Whereas there are people on waiting lists for psychological treatment, there is no specific CBT waiting list for people as it is difficult to know the suitability for a therapeutic approach before seeing the person. It is only when the patient has been seen that an assessment can be made on how they may respond to therapeutic approach.

I trust this clarifies the position.

Yours sincerely,

**Mark Sparling**  
Head of Service,  
Mid West Mental Health Services