



Eagraíocht Cúram
Sláinte Pobail
Tuaisceart Chathair &
Tuaisceart Chontae
Baile Átha Cliath

Community Healthcare
Organisation
Dublin North City &
County

Ceannasaí Seirbhíse Meabhairshláinte Eagraíocht
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Head of Service Mental Health Community Healthcare
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18th July 2023

Ms Mary Lou McDonald TD,
Dáil Éireann,
Leinster House,
Kildare Street,
Dublin 2

Email: MaryLou.McDonald@oireachtas.ie

PQ 31398/23 *"To ask the Minister for Health the number of cognitive behavioural therapists in CHO9; the average waiting time for a patient; and if he will make a statement on the matter."*
Mary Lou McDonald TD

Dear Deputy McDonald,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

I wish to advise that there are no clinical staff employed exclusively as cognitive behavioural therapists in Child and Adolescent Mental Health Services or Adult Mental Health Services in Community Healthcare Organisation Dublin North City and County. However, there are a number of staff from within our service who are trained in the delivery of Cognitive Behavioural Therapy (CBT), and can deliver CBT - informed interventions. Those clinical disciplines include nursing, psychologists, psychiatrists and social workers. CBT is one of a wide range of psychotherapies provided by community mental health teams to meet the individual needs of service users.

The waiting time for an appointment depends on a number of variables i.e. number of therapists working, number of referrals to the service and the complexity of the presenting problem which will determine how long a client is in therapy, thus extending the waiting time. The average waiting time is approximately six to seven months, with urgent referrals prioritised and can be seen within a few weeks.

I trust this information is of assistance to you but should you have any further queries please do not hesitate to contact my office.

Yours sincerely,

Donal Cassidy
Head of Service Mental Health
CHO Dublin North City & County