



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

General Manager's Office  
Mental Health Services  
Carlow/Kilkenny/South Tipperary  
Southeast Community Healthcare  
St. Dymphna's Hospital  
Athy Road  
Carlow  
Tel: 059 9178066

19<sup>th</sup> September 2023

Deputy Kathleen Funchion T.D.  
Dail Eireann  
Leinster House  
Kildare Street  
Dublin 2

**PQ 38719/23**

**"To ask the Minister for Health if there are future plans to roll out dialectical behaviour therapy in County Carlow".**

Dear Deputy Funchion,

The Health Service Executive (HSE) has been requested to reply directly to you in the context of the above Parliamentary Question which was submitted to the Minister of Health for response.

*I have reviewed the matter and the following is the current position.*

Dialectical Behaviour Therapy is one potential approach to supporting people therapeutically. There are many other therapeutic approaches that have also been demonstrated to be effective in a similar manner.

Within our Mental Health Services, decisions about the therapeutic approach offered to people results from a number of considerations, including the individual needs of patients, and also considerations about maximising the effectiveness of our service.

Group based interventions informed by Dialectical Behaviour Therapy are offered on a regular basis, in association with the Recovery College in Carlow. Our psychologists are currently running one such group over a 12 week period up to the end of this year.

I trust this information is of assistance to you. Should you have any further queries please do not hesitate to contact me.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Siobhan Turner'.

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Siobhan Turner  
General Manager  
Carlow/ Kilkenny / South Tipperary Mental Health Service