

Dear Colleague

On 10 October 2007, the Secretary of State for Health, Alan Johnson, announced new funding of £170 million to develop Improved Access to Psychological Therapies (IAPT). As part of that announcement, he said that this money would be used to train 3,600 new therapists, treat 900,000 people with common mental health problems, and that, for those primary care trusts covered by the developing service, it would allow open access to GP referral.

In July 2008, the Department of Health published the final report of the Next Stage Review of the NHS, which included the development of primary and community services. At the heart of the policy is the development of World-Class Commissioning and Practice-Based Commissioning.

Primary care professionals know that the provision of high-quality psychological therapies is essential for the delivery of holistic care for people with a range of problems, from depression and anxiety disorders, through to those with medically unexplained symptoms and long-term conditions such as diabetes and ischaemic heart disease.

This collection of documents, templates, presentations, research papers and good practice examples provides the practice-based commissioner with all the information needed to commission an IAPT service for their community. It will allow the practice-based commissioner to develop a service specific to their local area, which will deliver a psychological therapy service that is in line with best evidence-based practice, as described by the National Institute for Health and Clinical Excellence and set out in the IAPT commissioning guide.

It provides the background information, including the published references to support the programme, and a template for the business plan that the commissioner will need to submit to their primary care trust. It also provides a tool to commission services for people with medically unexplained symptoms, as well as some proposals for good clinical practice based on published evidence.

In short, this CD provides primary care professionals with all the information they need to commission a psychological therapy service for their community and a service that fits with best practice and evidence-based guidelines. I commend it to you.

Yours faithfully

A handwritten signature in black ink, appearing to read 'David C. Thomé', written in a cursive style.

**David Colin-Thomé OBE**  
National Clinical Director for Primary Care