Referral Guidelines for Computerised CBT treatment for Chronic Pain

What is SilverCloud?

A free online cognitive behavioural therapy (CBT) programme addressing the psychological impact of chronic pain. cCBT is an evidence based treatment used to improve wellbeing.

It is accessible from any internet enabled device - including Smartphones/tablets

SilverCloud programmes have demonstrated high improvement rates for stress, anxiety and depression with over 15 years of experience (https://www.silvercloudhealth.com/uk/about-us).

Who is 'LTC – Chronic Pain' for?

- ✓ Patients with mild to moderate depression and/or anxiety (including phobias and panic). associated with
- ✓ **Chronic Pain**

Not suitable for patients:

- ✗ With active suicidal ideas or plans
- ✗ Who are unable to read or write English
- ✗ Who have severe and enduring mental health difficulties
- ✗ With significant cognitive impairment
- ✗ Who have a primary alcohol or substance misuse problem
- ✗ Who are currently undertaking another cCBT treatment (i.e 'Beating the Blues')

What does it include?

10 Core Modules
- 💻 Welcome to SilverCloud
- 💻 Getting Started
- 💻 Understanding Feelings
- 💻 Boosting Behaviour
- 💻 Spotting Thoughts
- 💻 Challenging Thoughts
- 💻 Managing Worry
- 💻 Anxiety & Your Health
- 💻 Core Beliefs
- 💻 Bringing it All Together

8 Optional Modules
- My Self-Esteem and I
- Sleep Difficulties
- Relaxation
- Employment Support
- Behavioural Experiments
- Anger Management
- Communication & Relationships
- Grief & Loss

How to refer? (SCI Gateway and referral form LTC – Chronic Pain)

Step 1 Confirm patient's email address* and consent to receive an email link to treatment
*if patients do not remember/have an email address we will need to speak to them by phone to provide access

Step 2 Complete a SCI Gateway referral [Lothian > Lothian Non-GP > Royal Edinburgh > General Psychiatry>cCBT]
Please select the appropriate 'LTC – Chronic Pain' option from the referrals protocol
OR Send a cCBT referral form (selecting 'LTC – Chronic Pain') to silvercloudcbt@nhslothian.scot.nhs.uk

Step 3 cCBT team will add the patient's email to the website to generate a link to access
If there is no access treatment after 4 weeks they will be phoned and sent a reminder letter

Referrals are generally processed for patients to receive an email link the next working day
For further information please consult RefHelp
For general queries about cCBT please contact: ccbt@nhslothian.scot.nhs.uk | 0131 537 1247 | 07971122745