



Black Country Partnership
NHS Foundation Trust

Oldbury Health Centre
Albert Street
Oldbury
B69 4DE

Wellbeing Team
Quayside House
Rounds Green Road
OLDBURY
West Midlands
B69 2DG

Tel: 0121 543 4295

Our Ref: ER/461690
NHS No: 6082765451
Date: 06 June 2018

Dear GP,

Re: Marie Brown, DOB: 18.09.1975
Address: 34 Groveland Road, Tipton, DY4 7TN

I am writing regarding the input that Marie Brown has received from the Wellbeing Team through the 8 week Emotional Regulation Group.

Marie was offered the Emotional Regulation Group that is based on the Dialectical Behavioural Therapy approach. The group focuses on behavioural skills development to regulate emotional intensity and distress. Mindfulness is a significant component to this group alongside some distress tolerance skills.

Marie attended 6 of the 8 group sessions. She appeared to gain insight and skills through the group and recognised that she already using many of the skills and techniques. She is encouraged to continue to practice and consolidate these alongside skills and insight developed through other mental health interventions in the Wellbeing and Complex Care Team. Her case remains open to one of our community psychiatric nurses who will monitor and review Marie's care plan and needs.

Yours sincerely

Dr Tarvinder Chowlia
Clinical Psychologist

Cc
Marie Brown
File

11 JUN 2018

