

The Cassel

NEWSLETTER

NEWS FROM THE
CASSEL HOSPITAL

Vol 2 October 1995

Outcomes Research

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In this, the second of our regular newsletters, we have decided to present an outline of ongoing research currently undertaken at the Cassel Hospital. Today, more than ever, purchasers and referrers are requesting confirmation of the effectiveness and cost benefit of psychotherapy of various kinds. We hope that we can provide that evidence.

Indeed, we have been very heartened that the Hospital has gained some very large grants from both charitable resources and from NHS Research and Development funds. This has contributed to the creation of a fully-fledged Department of Psychosocial Research and Education at the Cassel Hospital. The Department now represents a critical mass of expertise upon which we can build in a number of directions. Ongoing projects include: outcomes research; an annual conference on inpatient and residential work; regular study workshops on specific topics such as managing aggression; the development of the present nursing diploma course to include non-nursing residential care.

It is my own commitment that the Cassel's unique approach to residential work should be made available to other institutions to replicate if they wish. There is a lack of a clear form of consistent practice in most residential and day care in this country. The numbers of scandals and enquiries into residential homes of all kinds in the wider community attest to the lack of a clear professionalism of a consistent body of practice.

For this reason the Cassel approach to the professional practice of living together in residential communities could offer a vigorous regeneration to this form of community care on a very wide scale.

It is now 75 years since, in 1920, the Cassel Hospital first opened its doors to patients and half a century since the development, after the Second World War, of the therapeutic community. It is also a moment when a fresh life is creeping into the work and thinking of the Hospital.



Staff and patients working together form the basis of the Cassel's therapeutic community approach.

The Cassel Hospital provides in-patient and out-patient psychotherapy for whole families, single adults and adolescents. The majority of people we help suffer from severe personality disorders. They join our internationally known therapeutic community comprising a unique combination of intensive psychotherapy and psychosocial nursing. The Cassel is part of Riverside Mental Health Trust.

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