

# Introduction: A stepped care approach to talking therapies

## Key messages

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### What are talking therapies?

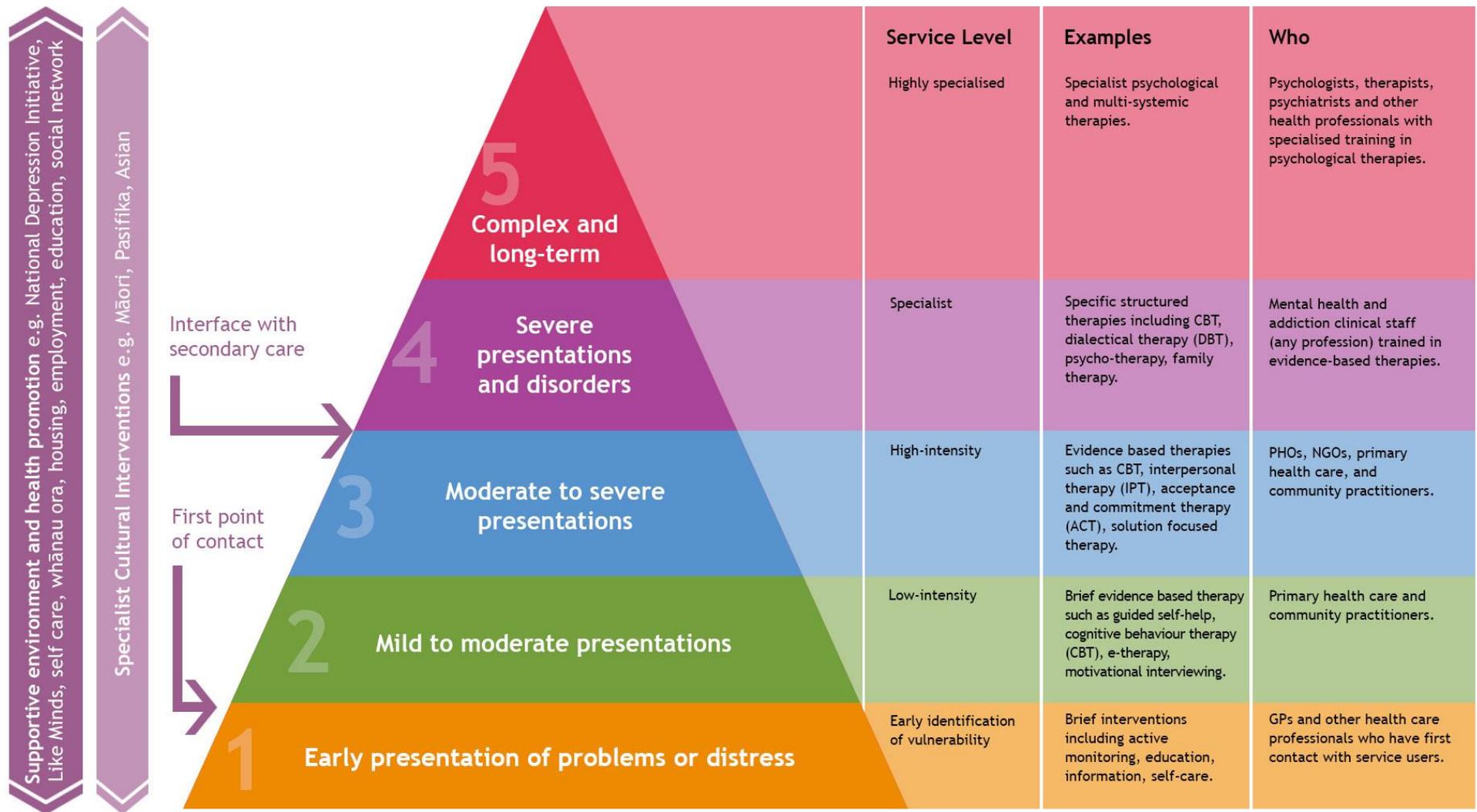
Talking therapies help people understand and make changes to their thinking, behaviour and relationships in order to relieve distress and improve wellbeing.

### What is stepped care?

A stepped care approach is directed at the best chance of delivering a positive outcome, ensuring the right level of support and therapy is offered to a person at the right time. The less intensive intervention that is likely to be effective is delivered first. At all levels of stepped care, people are supported by input from family and whanau, community services and appropriate cultural supports.



# Levels and types of therapy

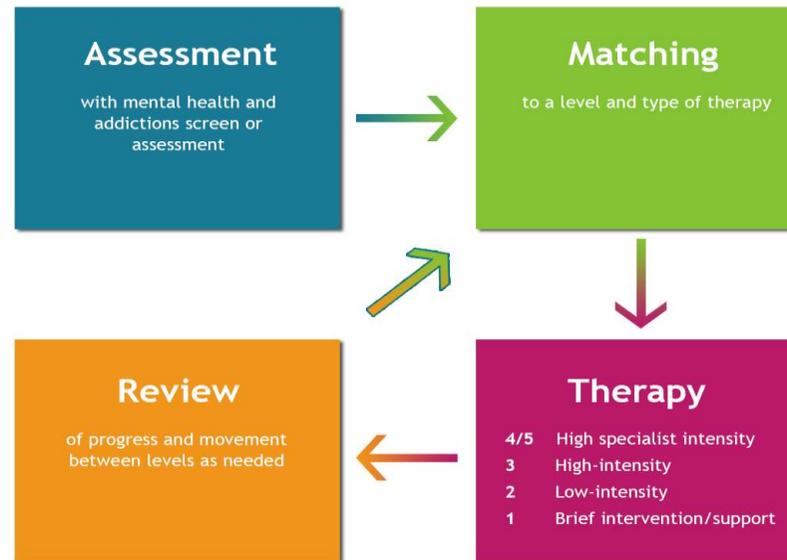


Let's get talking



A suite of talking therapy tools from Te Pou

## An example: stepped care talking therapies pathway



### Step 1: Assessment

An assessment or screen to clarify the problem and need for therapy which may be brief at a GP level or comprehensive at a DHB level.

### Step 2: Matching

Matching to the right level and type of therapy to ensure the needs and preferences of the person are being met.

### Step 3: Therapy

The person receives the appropriate therapy, at the right time, at the right place.

### Step 4: Review

Early review of therapy ensures therapy is effective, or there is a need to move to another level or type of therapy.





For further information and tools  
to support talking therapies visit  
[www.tepou.co.nz/letsgettalking](http://www.tepou.co.nz/letsgettalking)