

PE1744/B

Scottish Government submission of 1 November 2019

The Scottish Government acknowledges the positive impact psychiatric service dogs can have on some patients and recognise the valued work of Assistance Dogs UK. This being said, the Scottish Government is not wholly convinced that a pilot scheme would be as valuable for patients in Scotland as other psychiatric therapies that have been well researched and have widespread positive case studies.

The Scottish Government commissioned NHS Education for Scotland to undertake research into delivering evidence-based psychological therapies. The report provides summary of the information on the current evidence base for various therapeutic approaches as well as guidance and advice on psychological therapies services. The latest version of the Matrix was published in 2015 and includes a section on the range of treatments available the Matrix includes reference to individually tailored interventions drawn from a range of psychological models.

In addition NES have published an information booklet: Psychological Therapies in Scotland - Information for Service Users and Carers. The booklet builds on the Matrix and provides information on therapies set out within this, as well as a Q&A on therapies and introductory information for people looking to access psychological therapies including how they are organised and key sources of information.

The report and the booklet are available online at: [https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/the-matrix-\(2015\)-a-guide-to-delivering-evidence-based-psychological-therapies-in-scotland.aspx](https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/the-matrix-(2015)-a-guide-to-delivering-evidence-based-psychological-therapies-in-scotland.aspx)