



CORE Evaluation (Summary of Findings: Jun 2016)

- Significant reductions in client reported distress relating to Functioning, Problems & Wellbeing via therapy over the last 12 mths. **Reliable positive change for over 70% of clients & clinically significant improvement for 65% of clients.**
 - Gender breakdown (Approx: 53% Female / 47% Male).
 - Average client age = 47 years.
 - Predominant client age group (30-59 yrs). Significantly, recent research has highlighted the high levels of mental ill-health and increasing suicide rates for this age group due to the impact of the conflict.
 - Highest breakdowns for employment status were F/T paid employment (25%), Unemployed (26%) and Receiving Incapacity Benefit (25%).
 - 36% of clients currently living with a partner & 22% caring for children > 5 yrs.
 - Overwhelmingly (*almost 95%*) 'White' ethnic background for counselling clients.
 - Average number of sessions attended = 13 sessions.
 - Primary prescribed medication was Anti-Depressants/SSRI (52%). In accordance with research indicating best outcomes for use of SSRI medication for PTSD.
 - Approx. 17% of clients decreased use of medication during or following therapy.
 - Most commonly employed therapeutic approaches were Cognitive-Behavioural (23%), Integrative (27%) and Person-Centred (16%).
 - 70% of therapy sessions are completed on a weekly basis.
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