

A randomised controlled trial of the clinical and cost effectiveness of a Victim Improvement Package (VIP) for the reduction of continued symptoms of depression or anxiety in older victims of common crime.

Newsletter

July 2019

As Victim Improvement therapist is to help guide our participants to change and challenge negative thoughts and patterns to improve their wellbeing following the crime. Through the use of CBT techniques such as guided discovery, journaling (resources), cognitive restructuring etc. we hope that VIP therapists are able to make a positive change to their clients thinking and behaviours.

Establishing the cause of their depression/anxiety.

Does this participant present any safety behaviours – checking who's outside their home? Continuously checking doors and windows, or simply no longer feeling able to leave their home without an escort or at all.

Encouraging active life styles – Have they lost touch with family/friends?

Have they stopped any activities they did before the crime happened?

<https://www.ucl.ac.uk/drupal/site-victim-improvement-package-trial/therapists>



Supervision 2019

Dr Marc Serfaty will be holding supervision for all MIND therapists working on the VIP trial study.

The dial in number to be used is **0808 109 0617** and the access code is **199 6305#**

Friday 5th July 9AM
 Tuesday 16th July 2PM
 Friday 2nd August 9AM
 Tuesday 20th August 2PM
 Friday 6th September 9AM
 Tuesday 17th September 2PM
Friday 4th October 9AM
 Tuesday 15th October 2PM
 Friday 1st November 9AM
 Tuesday 19th November 2PM
 Friday 6th December 9AM
 Tuesday 17th December 2PM

Supervision is held every first Friday of the month at 9am and every third Tuesday at 2pm for an hour.

If you need any support outside of supervision. Please contact study coordinator Sharlene Mutyasira (s.mutyasira@ucl.ac.uk) 020 7679 9167

VIP

Victim Improvement Package Trial



UCL

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