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Darlington  
DL3 6HX  
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Foundation Trust Office: 01325 74 3625  
Corporate Records Office: 01325 74 3700

Request for Information Reference: 01.16.40

Direct line: 01325 743700  
Email: [foi@cddft.nhs.uk](mailto:foi@cddft.nhs.uk)

Email only

15 February 2016

### **Freedom of Information Act 2000 – Request for Information**

Thank you for your request for information received on 21 January 2016 in relation to the County Durham and Darlington NHS Foundation Trust (Trust). We are dealing with your request under the provisions of the Freedom of Information Act 2000.

You requested information regarding Mentalisation Based Therapy practise. Specifically you asked for:

***This is a request under the Freedom of Information Act regarding Mentalisation Based Therapy practise within your NHS Foundation Trust. Please supply me with all relevant information relating to the following questions:***

**1. Does your Trust provide a Mentalisation Based Therapy (MBT) service?**

Answer: No

**2. What is the typical length of MBT therapy? ..... weeks**

Answer: N/A

**3. What is the format of the MBT service? Individual or Group OR Group with individual**

Answer: N/A

In line with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log. Therefore, a version of our response which will protect your anonymity will be posted on the County Durham and Darlington NHS Foundation Trust website.

If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me on the above telephone number or at the above address.

If you are unhappy with the way your request for information has been handled, you can request a review by writing to:

The Chief Executive  
County Durham & Darlington NHS Foundation Trust  
Darlington Memorial Hospital  
Hollyhurst Road  
Darlington  
DL3 6HX

If, you remain dissatisfied with the handling of your request or complaint, you have a right to appeal to the Information Commissioner at:

The Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Telephone: 0303 123 1113  
Website: [www.ico.gov.uk](http://www.ico.gov.uk).

There is no charge for making an appeal.

Yours sincerely

**Joanna Tyrrell**  
Freedom of Information Officer