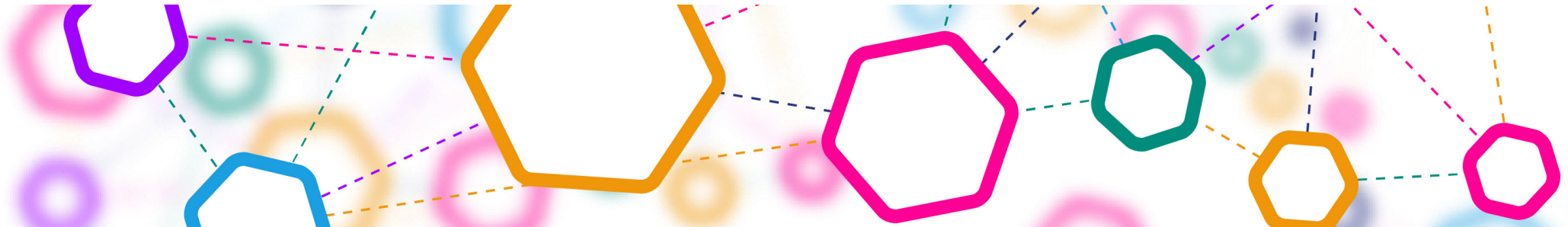


Guidance for Delivering Evidence-Based Psychological Therapy in Wales



Matrics Cymru is a guide which will help with the planning and delivery of evidence-based psychological therapies in Wales.

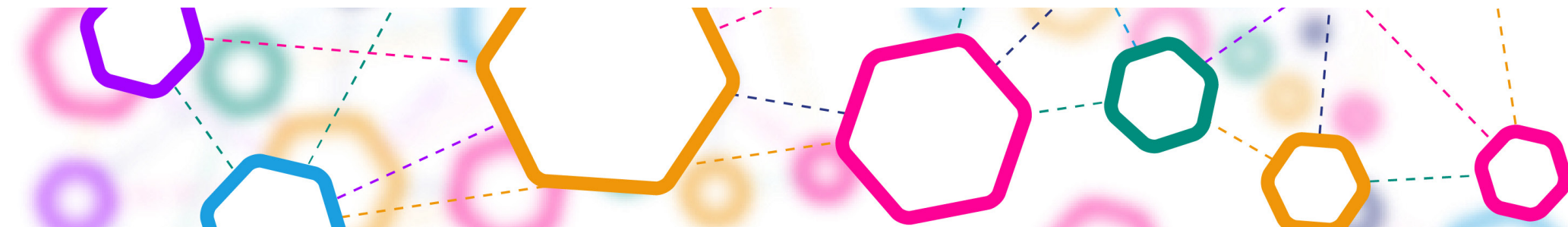


It covers the following areas:

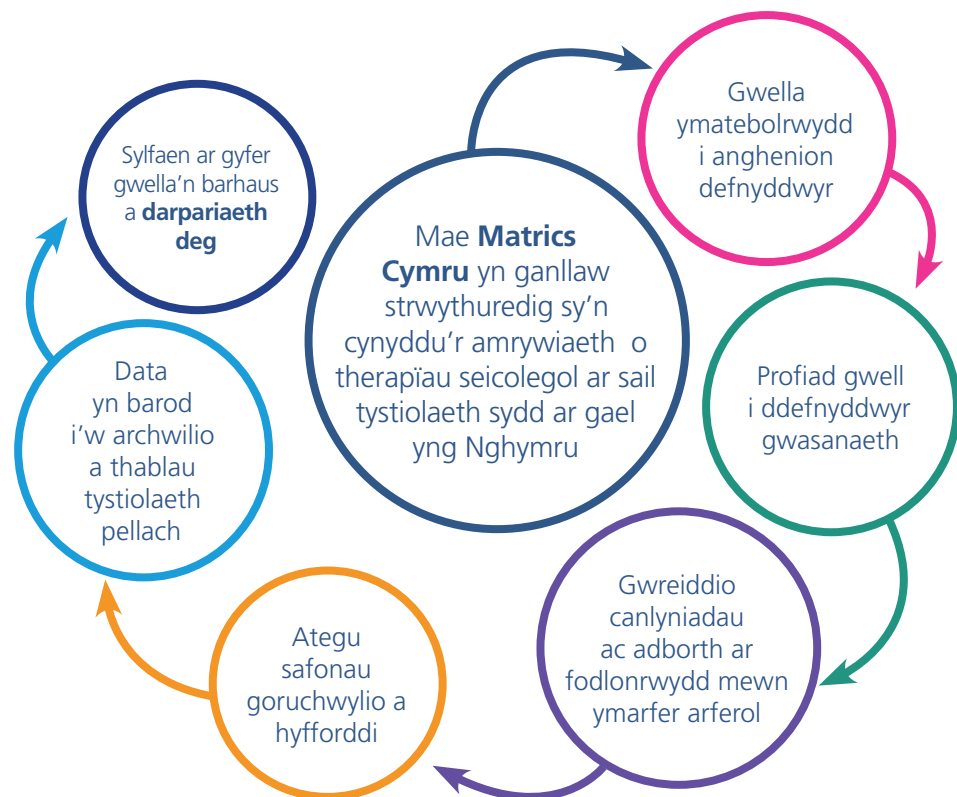
Psychological therapy services model	Standards to deliver and improve services on a measurable basis
Psychological therapy	Standards for services to understand and improve workforce management
Psychological therapists	The definition and competence at different levels of proficiency
Supervision	Standards to deliver and requirements to receive supervision
Training	Training standards for therapy and supervision provision
Audit and data collection	Data collection requirements
The evidence tables	Evidence for the application of psychological therapy for different conditions

To find out more download the full version at:
<http://www.1000livesplus.wales.nhs.uk/psychological-therapies>

Canllawiau ar gyfer Darparu Therapi Seicolegol sy'n Seiliedig ar Dystiolaeth yng Nghymru



Mae Matrics Cymru yn ganllaw a fydd yn helpu gyda chynllunio a chyflwyno therapïau seicolegol ar sail tystiolaeth yng Nghymru.



Mae'n ymdrin â'r meysydd canlynol:

Model gwasanaethau therapi seicolegol	Safonau i gyflwyno a gwella gwasanaethau ar sail fesuradwy
Therapi seicolegol	Safonau i wasanaethau ddeall a gwella rheoli'r gweithlu
Therapyddion seicolegol	Y diffiniad a'r cymhwysedd ar lefelau gwahanol o hyfedredd
Goruchwyllo	Safonau i gyflwyno a gofynion i dderbyn goruchwyliaeth
Hyfforddiant	Safonau hyfforddi ar gyfer darpariaeth goruchwyllo a therapi
Archwilio a chasglu data	Gofynion casglu data
Tablau tystiolaeth	Tystiolaeth ar gyfer cymhwyso therapi seicolegol ar gyfer cyflyrau gwahanol

I ddarganfod mwy, gallwch lawrlwytho'r fersiwn llawn ar:
<http://www.1000ofwydauamwy.wales.nhs.uk/therapiau-seicolegol>