

The Rivers Centre team is led by:

Director

Dr Claire Fyvie MA, MSc, PhD
Consultant Clinical Psychologist

Lead for Emergency Services

Gillian Moreton, BA, CQSW
Cognitive Behavioural Therapist

Where to find us:

The Rivers Centre is based at
Tipperlinn House
Royal Edinburgh Hospital
Tipperlinn Road
Edinburgh EH10 5HF

Telephone: 0131 537 6806
Fax: 0131 537 6104

If you want to know more about the services or treatments offered by the Rivers Centre, please contact the Centre Administrator on:

0131 537 6806

or via email:

rivers.centre@nhslothian.scot.nhs.uk



**The Rivers Centre for
Traumatic Stress**



What is the Rivers Centre?

The Rivers Centre was established in 1997 and is Scotland's leading provider of adult Traumatic Stress Services. It is dedicated to the assessment and treatment of traumatic stress reactions, providing treatment programmes tailored to the individual and informed by the latest research findings.

In addition to its clinical focus, the Rivers Centre is a resource for training, supervision, consultancy, education and research in the field of trauma.

Aims

The Rivers Centre seeks to reduce distress and facilitate recovery from traumatic stress reactions, enabling individuals to return to their previous level of functioning in the shortest possible period of time.

The team

The multi-disciplinary team consists of clinical psychologists, cognitive behavioural therapists, psychiatrists and an art therapist, all of whom practice as psychotherapists. All therapists are registered with and abide by the ethical guidelines of their respective professional bodies.

Our therapeutic approach

Single or repeated exposure to traumatic events can shatter people's lives. Trauma can have a profound effect on the way people feel about themselves and others, and the nature of the world around them. Our approach is to work openly and collaboratively with our clients to develop a joint understanding of the problems they face.

Our work is based on the most up-to-date research and treatment methods in the field of trauma. We specialise in Cognitive Behavioural Therapy (CBT), which is a problem oriented therapy focusing on the here and now. Other treatments may include:

- Psycho-education groups
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Drug treatment
- Art therapy
- Body Awareness Therapy (BAT)

Confidentiality

All our clinical work is confidential, although we will liaise with a client's GP or with other professionals involved in their care. We may include partners or family members in therapy, if clients feel comfortable with this.

The services we offer

The Rivers Centre offers assessment and treatment of psychological reactions to trauma, including Post Traumatic Stress Disorder (PTSD), major depressive disorder, and other anxiety disorders. We offer help to people who have experienced traumatic events, for example:

- Emergency service personnel
- Combat veterans
- Refugees and asylum seekers
- Survivors of acts of human violence, crime and terror
- Victims of serious road traffic accidents, industrial, domestic or medical accidents
- Survivors of disasters such as train crashes, gas explosions, environmental disasters
- Survivors of natural disasters, such as earthquakes, floods, hurricanes
- Jurors exposed to traumatic trial material

The Rivers Centre also provides:

- Supervision, training and consultancy
- Access to a network of local and national trauma services and voluntary agencies
- Training in assessment and management of acute trauma reactions
- Handbooks and clinical guidelines for treatment