

FOI 0188/2025 Response

Request

I wish to request the following information please.

1. How many Therapists and / or Psychologists within Birmingham and Solihull Mental Health Trust are trained in providing **EMDR**.
2. How many Therapists and / or Psychologists within Birmingham and Solihull Mental Health Trust are trained in providing **Cognitive Analytical Therapy (CAT)**.
3. How many Therapists and / or Psychologists within Birmingham and Solihull Mental Health Trust are trained in providing **Cognitive Behavioural Therapy (CBT)**

Response

The Trust is unable to provide a response to your query.

This is because we do not have a central system that records this detail of training across the Trust in a reliable way.

Obtaining the requested information will require exhaustive measure and additional capacity, thus exceeding the threshold to complete this task.

The Trust therefore rely on exemption Section 12 of the Freedom of Information Act 2000 to deny this aspect of your request.