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CYMRU
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WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Freedom of Information Request: Our Reference CTMUHB_473_25

You asked:

I would like to request information about how long people who started a course of Cognitive Behavioural Therapy (CBT) with a qualified practitioner during the period of Jan 2024 to Sept 2025, had been waiting to start their therapy. It would be helpful to know:

- The average wait time
- The minimum wait time
- The maximum wait time

We are aware a previous Freedom of Information request has enquired about waiting times access to psychological therapy, but we are specifically interested in the waiting times for CBT.

If you cannot provide wait times for CBT, please could you provide information about how long people who started a course of high intensity or specialist psychological therapy (as defined in Matrics Cymru) during the period of Jan 2024 to Sept 2025 had been waiting to start their therapy. Again, it would be helpful to know:

- The average wait time
- The minimum wait time
- The maximum wait time

Our response:

Thank you for your request. Unfortunately, our current digital information systems do not capture data in a way that allows us to identify activity specifically related to Cognitive Behavioural Therapy (CBT), high-intensity psychological therapies, or specialist psychological therapies as defined by Matrics Cymru.

The information you require would be recorded within an individual patient's health record as part of their ongoing care. To provide you with this information, would require a manual trawl and significantly exceed the 18 hours time and £450 cost limit set out within Section 12 of the Freedom of Information Act. Therefore, we are unable to provide.