

Clinical Service North, based in Leeds, can offer some places across the North of England in five times a week psychoanalysis at a reduced fee for those for whom psychoanalysis is the treatment of choice but who would not otherwise be able to afford it.

What is psychoanalysis?

When someone experiences troubling emotional difficulties that may be causing unhappiness, it can be because current life issues have stirred up painful feelings and experiences from the past, consciously or unconsciously. Psychoanalysis explores how the unconscious mind and past experiences can influence current thoughts, behaviours and relationships. Through deepening insights, the analyst can help the individual develop more appropriate ways of coping with problems, feelings, and relations with others.

How does psychoanalysis work?

Psychoanalysis involves meeting with an analyst four or five times a week for fifty minute sessions. In this reliable setting, you are encouraged to bring whatever is on your mind to the analyst who listens and helps you reflect on yourself and your experiences. The treatment is intensive and takes time – years rather than months. This regular, open-ended setting is necessary in order to achieve deeper and more lasting self-awareness and change. Psychoanalysis involves facing painful, emotional realities and offers the support to make this possible and helpful. Most psychoanalysts also see people for less intensive psychoanalytic psychotherapy, with fewer sessions in each week.

Who might be helped by Psychoanalysis?

Psychoanalysis can be helpful if you are facing difficulties such as:

- Feeling stuck and unable to progress in life
- Relationship problems
- Depression associated with loss, or more long-lasting depression associated with self-destructive or suicidal feelings
- Anxiety and panic attacks; problems managing fear and anger
- Post traumatic difficulties
- Problems with identity
- Feelings of emptiness, isolation and loneliness

Some problems, including psychosis or violence towards others and oneself, as well as on-going struggles with addiction, are not likely to be helped by psychoanalysis and may be exacerbated.

How is psychoanalysis different from psychotherapy?

Psychodynamic or psychoanalytic psychotherapy is based on similar ways of thinking about our minds and emotions as psychoanalysis, but tends to be less intensive (between one and three sessions per week). Some people find this more manageable for various reasons.

How does it differ from other psychological therapies?

There are many other forms of psychological therapy, such as CBT, Mindfulness, MBT and counselling. These tend to be shorter, less intensive treatments that may be more focussed on helping to manage problems and feelings. They can achieve good results and can be very helpful to many people. Some may then go on to have psychoanalytic therapy if they wish to establish deeper self-understanding.

Can I afford Psychoanalysis?

Private psychoanalysis or psychoanalytic therapy can cost between £40 - £50+ a session. The Institute of Psychoanalysis has established the Clinical Service North, with a base in Leeds, to offer some places across the North of England in five times a week psychoanalysis at a reduced fee for those for whom psychoanalysis is the treatment of choice but who would otherwise be unable to afford it.

Low-fee Psychoanalysis

If you would like to apply for a low-fee analysis, the first step is to contact us: csnorth@iopa.org.uk with some brief details and we will send you a questionnaire to complete about yourself. If you would like to ask some questions before making an application, you are welcome to contact us and a phone discussion can be arranged with the Head of the Service, Dr Elizabeth Gibb. A consultation may then be arranged, usually over two appointments, and is an opportunity for you to talk about yourself and your difficulties. The consultant will be an experienced psychoanalyst, trained at the Institute of Psychoanalysis, a member of the British Psychoanalytical Society, and registered with the British Psychoanalytic Council (bpc.org.uk). Through that discussion you and the analyst can clarify if this may be the right sort of treatment for you. If so, the analyst will then discuss your situation with other senior colleagues to ensure that the most appropriate decision is made for your needs. If low-fee five times a week analysis is offered there will then be a wait for a vacancy with a member of the Clinical Staff, who will usually be an analyst in the latter stages of their training at the Institute of Psychoanalysis. We only put people on our reduced fee waiting list if there is a realistic possibility that they may be offered a place within six months or so. If a place does not become available, we will discuss other options. Some people find psychoanalytic consultation helpful in itself and may choose not to progress further. For others, if low-fee analysis is not offered we will discuss alternative treatment possibilities with you and try to help you find these.

Costs

The minimum fee for a psychoanalytic consultation is £30 for the first appointment and £20 if there is a second meeting. If you are in employment and not on a very low wage, we would expect a higher fee, to a maximum of £75 for the first appointment and £50 for any second meeting. For on-going five times weekly low fee psychoanalysis the minimum fee is £5 per session. These costs are determined by discussing with you what you can afford. No one is excluded on financial grounds.

**psychoanalysis.org.uk/clinicalservicenorth
Bevan House, 34- 36 Springwell Road, Leeds, LS12 1AW
csnorth@iopa.org.uk**

The Institute of Psychoanalysis Clinical Services and Clinical Service North are part of the Institute of Psychoanalysis and British Psychoanalytical Society. For further information: psychoanalysis.org.uk.