

If low fee analysis is not offered we will discuss alternative treatment possibilities with you and try to help you find these.

If you are unsure about proceeding and would like to ask some questions before making an application, you are welcome to contact us and a 'phone discussion can be arranged with Dr Elizabeth Gibb, Clinical Lead, who runs the service.

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.

Contact

To proceed with an application or for any other queries:

Email: csnorth@iopa.org.uk

Write: Dr Elizabeth Gibb
Institute of Psychoanalysis Clinical Service North
Administrative office: Bevan House
34-36 Springwell Road
Leeds LS12 1AW

Contacting a Psychoanalyst

If you want to contact a psychoanalyst directly to think about having a psychoanalytic consultation or treatment, go to:

psychoanalysis.org.uk/psychoanalytic-help

Further Information

For further information about psychoanalysis, the British Psychoanalytical Society and Institute of Psychoanalysis clinical services, events and lectures:

London Clinic of Psychoanalysis

Byron House
112a Shirland Road
London W9 2BT
0207 562 5002
clinic@iopa.org.uk

psychoanalysis.org.uk/psychoanalytic-help/about-our-clinics

Further Reading

'A short introduction to psychoanalysis'
by Jane Milton, Caroline Polmear and Julia Fabricius. Sage 2004

'The Examined Life: How we lose and find ourselves'
by Stephen Grosz. Vintage 2014

'Making Sense of Psychotherapy and Psychoanalysis'
by Jane Milton
Available as a downloadable pdf on:

www.bpc.org.uk/psychoanalysis-and-psychotherapy

Institute *of* Psychoanalysis

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Institute *of* Psychoanalysis



Institute of Psychoanalysis Clinical Service North

LOW FEE SCHEME

psychoanalysis.org.uk/iopa-clinics/low-fee-scheme

Clinical Service North Administrative office:

Bevan House
34-36 Springwell Road
Leeds
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csnorth@iopa.org.uk

Institute of Psychoanalysis Clinical Service North

The Institute of Psychoanalysis is the main professional organisation for psychoanalysts in the UK and a global center of excellence in the provision of psychoanalytic training, education, publication and clinical practice. Members of the Society are all highly qualified practitioners who have followed a specialist training in psychoanalysis, are registered with the British Psychoanalytic Council (www.bpc.org.uk) and subject to a Code of Ethics.

The Institute's Clinical Service North has been established with a base in Leeds to offer some places across the North of England in psychoanalysis at a reduced fee for those for whom analysis is the treatment of choice but who would otherwise be unable to afford it.

What is Psychoanalysis?

Psychoanalysis is based on an understanding that there is more going on in our minds than we are always aware of and that our life, relationships and thinking can be affected by our past experiences. As well as all individuals being influenced by external events, psychoanalysis suggests that people have an inner mental world that influences us profoundly.

When we have emotional difficulties in later life that persist and cause unhappiness for ourselves, and maybe others, this can be because current life issues are stirring up painful feelings and experiences from the past. Some people know that they have difficult feelings and thoughts about their past or about themselves, and to others this is more hidden. Sorting out these feelings can lead us to understand ourselves better and improve how we relate to others, and hence help us change.

How does psychoanalysis work?

Psychoanalysis involves meeting with an analyst five times a week for fifty minute sessions. In this reliable setting the person is encouraged to bring whatever is

on their mind to the analyst who listens and helps the person reflect on themselves and what they are experiencing. Through the deepening relationship with the analyst, the person develops new insights about themselves and more appropriate ways of coping with problems and feelings, with relationships and work.

The treatment takes time (at least two years) and is intensive because it is only in this regular setting that we can really achieve deeper and more lasting self understanding and change.

Psychoanalysis asks us to face painful emotional realities and offers us the support to make this possible and helpful to us.

Who might be helped by psychoanalysis?

Many difficulties can be helped by psychoanalysis – some of these are:

- Feeling stuck and unable to progress in life, in relationships and / or work
- 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 of identity
- Feelings of emptiness, isolation and loneliness

Problems with psychosis or violence to others and oneself, as well as on-going struggles with addiction, are not likely to be helped by psychoanalysis and may be made worse.

How is it different to other psychological treatments such as Cognitive Behaviour Therapy?

CBT is a shorter, less intensive and practical treatment for addressing symptoms and problems of

current life and does not emphasise past experience. It aims to help the person to look at their problems and feelings in a more positive way and to concentrate on the better things in their lives. People do find it helpful, and sometimes go on to have psychotherapy or psychoanalysis that is based on establishing a deeper self-understanding. Other people go straight to having psychoanalytic forms of help.

How is it different to psychotherapy?

Psychodynamic or psychoanalytic psychotherapy is based on similar ways of thinking about our minds and emotions as psychoanalysis. It tends to be less intensive (once or twice weekly sessions) and some people find this more manageable for various reasons.

Low-fee Psychoanalysis

If you would like to make an application for a low-fee analysis the first step is to contact us by email or 'phone as below.

We will take some brief details and you will be sent a questionnaire which asks you to write a bit about yourself. You will then be offered a consultation with an experienced psychoanalyst. This is likely to be more than one appointment. This is an opportunity for you to talk about yourself and your difficulties and through that discussion you and the analyst can clarify if this may be the right sort of treatment for you. If you decide to take this further the analyst will then discuss your situation with other senior colleagues. This is to ensure that the most appropriate decision is made for your needs.

If low fee 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 aim to keep this wait as short as possible.