

**CLINICAL
SERVICES**

CHILD & ADOLESCENT SERVICES

LONDON CLINIC OF PSYCHOANALYSIS

Institute of Psychoanalysis Clinical Services
clinic@iopa.org.uk **0207 563 5002**

What does our service offer?

If you have concerns about your child that you would like to explore from a psychoanalytic perspective we offer a consultation service for children and young people you might find helpful. You may feel that your child needs to talk to someone outside the family who is experienced in working with children. Our consultation service may be helpful if you are worried about your child's feelings or behaviour or have been advised by your doctor or your child's school that they have concerns about your child's emotional development.

What next?

You can contact us to find out more about whether we may be the right place to come to. Initial enquiries will be taken by our Clinic Office, where you would speak to Cathi Hughes, our Child Service Administrator. She will take a few details and the Head of the Child Service, Dr Bernard Roberts, would then get back to you to discuss next steps.

For younger children, we would probably see the parents/carers to start with, and then go on to see the child together with their parent/carers. Older children and adolescents may be seen first of all with their parents and then offered an appointment to be seen on their own.

After an initial consultation phase, which may be over several meetings, we will make a recommendation to you about how we think you and your child can best be helped which may mean referral on as appropriate.

We are sometimes able to offer psychoanalytic treatment to children and young people: this usually means having four sessions a week one-to-one with a psychoanalyst. We have consulting rooms specially furnished for child psychoanalysis at this Clinic. We usually recommend that the parent/carers also have regular sessions, perhaps once a week or once a month, as this can be very helpful to support the child work.

What are the costs?

For the consultation phase, appointments cost £120 for a first long meeting and then £80 for further meetings, but if the family is not able to afford these fees, we can accept payment of £30 for a first appointment and £20 for further meetings.

If the Clinic can offer psychoanalytic treatment, the fees are £40 per session both for the child and any parent/carer work. The London Clinic of Psychoanalysis is part of the Institute of Psychoanalysis which, as a charity, is able to offer some subsidies for these fees, depending on the financial circumstances. This would be discussed with you when our recommendations are made.

Sometimes we refer children and young people to child psychoanalysts or child psychotherapists who work in private practice. Fees would be arranged with the analyst or therapist concerned.

Child safety and protection, confidentiality and links with other professional agencies

It can be very important for us to be in touch with other professionals, agencies and services that your family may have seen or be seeing. Confidentiality is a highly regarded aspect of the psychoanalytic approach, within which the safety of children and young people is a primary concern. Concerns about safety may also involve the need to communicate with other agencies.

Head of Child Service: Dr Bernard Roberts, MBChB FRCPsych., F.Inst.Psychoanal.

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