

# LONDON CLINIC OF PSYCHOANALYSIS

Institute of Psychoanalysis Clinical Services

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## **Psychoanalytic Consultation Service**

If you are interested in finding out if psychoanalytic treatment might be helpful for you, the first step is to have a psychoanalytic consultation. This will give you an idea of the experience of psychoanalysis and find out if it's right for you.

Consultations through the London Clinic of Psychoanalysis are with experienced psychoanalysts who have trained at the Institute of Psychoanalysis, are members of the British Psychoanalytical Society, and registered with the British Psychoanalytic Council ([bpc.org.uk](http://bpc.org.uk)). You may see the consultant here at the Clinic or in their own private consulting room.

Some people find a psychoanalytic consultation a therapeutic and helpful experience in its own right and may choose not to progress further. For others, a referral for psychoanalysis or psychoanalytic psychotherapy might be recommended and this can usually be arranged by the Clinic referral service.

## **What happens next?**

Contact us at [clinic@iopa.org.uk](mailto:clinic@iopa.org.uk) if you would like a consultation or would like to know more. A Clinic consultation usually involves two long meetings. The consultant will not usually take you into treatment themselves, but will discuss their recommendation with you and the next steps.

Psychoanalysis or psychotherapy is not the right approach for everyone and other options may be discussed. A decision may depend on what is realistic regarding time and finances.

## **How much does a Clinic consultation cost?**

A consultation costs £120 for a first appointment and £80 if there is a second meeting.

For those on a low income, we are able to reduce the full fee for a consultation to £30 for a first appointment and £20 for the second.

## **How much does psychoanalysis or psychoanalytic therapy cost?**

Private practice fees are negotiated with the psychoanalyst or therapist and usually cost between about £50 and £80+ per session.

## **What if I can't afford the fees?**

If full psychoanalysis is recommended to you but you are unable to afford full fees, the London Clinic of Psychoanalysis offers a number of places in five times weekly psychoanalysis at reduced fees, which may be as low as £5 per session depending on personal circumstances.

The Clinic usually has around 40-50 adults in full psychoanalysis at a low fee and most are being treated by analysts who are in the final part of their psychoanalytic 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.

## **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 the past experiences can influence current thoughts, behaviours and relationships. Through deepening insights, the analyst can help the patient 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, the patient is encouraged to bring whatever is on their mind to the analyst who listens and helps them reflect on themselves and their 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
- Anxiety and panic attacks; problems managing fear and anger
- Post traumatic difficulties
- Feeling of emptiness, isolation and loneliness

## **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. The Clinic referrals service can refer to a suitable therapist or analyst following consultation.

## **How does it differ from other psychological therapies?**

There are many other forms of psychological therapy, such as Mentalisation-based therapy (MBT) and Cognitive Behaviour Therapy (CBT), Mindfulness 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.

**[psychoanalysis.org.uk/londonclinicofpsychoanalysis](http://psychoanalysis.org.uk/londonclinicofpsychoanalysis)**