

London Clinic of Psychoanalysis Consultation Service

If you are interested in the idea of having psychoanalytic treatment but don't feel quite sure about it and whether it would be worth making the commitment of time and cost involved, it may be helpful to have a consultation to think about what it would mean for you.

What is a Psychoanalytic Consultation?

A psychoanalytic consultation aims to allow an individual to get something of an experience of the psychoanalytic approach and method and in that way to find out in a personal way if this is the sort of thing that makes sense and appeals to him or her. A Clinic consultation usually involves two meetings with an experienced psychoanalyst.

Who would I see?

Consultations are all with psychoanalysts who are Members or Fellows of the Institute of Psychoanalysis and registered with the British Psychoanalytic Council (see www.psychoanalytic-council.org for more information). You may see the Consultant here at the Clinic or you may see them in their own private consulting room. The consultant would not normally take the person into treatment following a consultation.

What would happen next?

The consultant will discuss with you their recommendation about what might be the best next step. Some people find a psychoanalytic consultation quite a therapeutic and helpful experience in its own right and decide to leave it at that. For others, a referral for psychoanalysis or psychoanalytical psychotherapy might be helpful and this can be arranged by the Clinic referral service. The decision about that may partly rest on what is feasible and realistic in terms of time and financing. Psychoanalysis or psychotherapy is not the right approach for everyone and other options may be suggested.

How much does it cost?

The full fee for a Clinic Consultation is £120 for a first appointment and £80 if there is a second meeting. For those on benefits or low income, we are able to reduce the full fee to £30 for a first appointment and £20 for subsequent meetings.

What is the Clinic Referral Service?

If a Clinic Consultant recommends psychoanalysis or psychoanalytic therapy, the Clinic referrals service can put you in touch with a fully qualified psychoanalyst or psychoanalytic psychotherapist who would be able to see you in private practice. All clinicians in our referral service are registered with the British Psychoanalytic Council.

How much does psychoanalysis or psychoanalytic psychotherapy cost?

Psychoanalysts in private practice charge somewhere between £40 and £70+ a session for psychoanalysis of five or four times weekly frequency, probably a little more for less frequent sessions of psychoanalytical psychotherapy (1-3 sessions a week), and fees are negotiated with the psychoanalyst.

What if I can't afford those sorts of fees?

The London Clinic of Psychoanalysis has a limited number of places in full five times weekly psychoanalysis (up to about 20 places a year for adults and 10 a year for children and adolescents) at a reduced fee, and a consultant may recommend a person for this. We only put people on our waiting list if there is a realistic possibility that they may be offered a place in treatment within six months or so, and we cannot guarantee being able to provide psychoanalysis even if this is what we would recommend.

About 40-50 adults at any one time are in full five times weekly psychoanalysis through the Clinic at a low fee, and are mostly being treated by analysts who are in the final part of their psychoanalytic training at the Institute of Psychoanalysis.

What kinds of problems can be treated by Psychoanalysis?

Psychoanalytic treatment is often the best and most long lasting approach:

- If you feel stuck in your life, blocked in making decisions or taking action in important areas of your life
- If you find that you repeat patterns in work and/or intimate relationships which cause you difficulty or unhappiness
- If you find that your own sense of self worth is diminished

Psychoanalytic treatment may be the best approach:

- If you have longstanding and painful experiences of depression or anxiety
- If you find that you have difficulties in controlling and understanding your fears or your anger
- If you have difficulties in your sexual life

Psychoanalysis is not likely to be suited to your needs:

- If you struggle with addiction
- If you have difficulties concerning ideas or beliefs that are not consistent with reality
- If you have a history of violence towards others or yourself

Psychoanalysis and psychoanalytical psychotherapy is not for everyone and it is not a suitable form of treatment for some types of problems and mental health difficulties. Someone having psychoanalysis needs to be motivated enough to want understand him/herself, to have a capacity for introspection and for tolerating the demands of treatment, and to be willing to invest the necessary time.

If you request a consultation, you will be asked to give us some preliminary information about what you are looking for, and to use a form to give some details about yourself and how you see the difficulties and other matters that are bringing you to be thinking about this approach. Psychoanalysis is not the right approach for everyone and either at this stage or during consultation, other options may be suggested.

What are the ideas behind Psychoanalysis as a treatment?

There are aspects of our minds that function beneath our normal level of awareness and that shape the kind of relationships we make, the way we function at work,

and the way we feel about ourselves. We can get some clues about these unconscious thoughts and expectations by carefully examining the choices we make, our dreams, the spontaneous thoughts that we have at any particular time, and the feelings that come up as we interact with the significant people in our lives.

Many of these unconscious thoughts and expectations have their roots in our childhood; while they may have developed as the best solutions that could be found at the time to the challenges faced in earlier years, they may hinder us in our later development unless we understand them as fully as possible.

Psychoanalysis is uniquely suited to make changes in the unconscious thoughts that can act as obstacles to fulfilling our potential: understanding these is just about impossible on our own, but when a person meets with his or her analyst four or five times weekly over an extended period of time, the blocks that may get in the way of developing good and loving relationships, succeeding in work, or of feeling content in ourselves, come to life in the consulting room. When these problems emerge in the treatment and the relationship with the analyst, they can be identified and understood, thus opening the potential for real change.

What is involved in having psychoanalysis?

People having psychoanalysis generally attend sessions four or five times a week for at least two and usually more years. The psychoanalyst invites the person to lie on a couch and to try as best as they can to speak about whatever comes to mind. The psychoanalyst tries to get to know the patient through what is said and to speak about what they observe and begin to understand. If someone is to have a psychoanalysis, it is essential that they are motivated and sufficiently robust and supported in their lives to want to understand things in their 'internal' world that will maybe be quite difficult to face. A psychoanalyst does not give advice and always tries to maintain a neutral position so as to be able to maintain a balanced, honest and unbiased view.

Does Psychoanalysis really have to be four or five times a week?

It is sometimes hard to believe that many people go to psychoanalytic sessions everyday of the week – but once it becomes part of the daily routine, it does begin to make sense, as psychoanalyst and patient get really involved in the work.

Psychoanalysis is also the basis of psychoanalytic psychotherapy, which is an adaptation of psychoanalysis, which can be conducted over one, two or three sessions a week. Many psychoanalysts offer psychoanalytic psychotherapy, which for many people makes psychoanalytic work within their financial means.

The number of sessions a week is not to do with the person in analysis being more 'ill' or emotionally needy – on the contrary, to be able to engage in such intensive treatment requires a person to be quite emotionally robust and to have a reasonably strong and stable external life. Less frequent sessions, apart from being perhaps more affordable, can also be a better option for someone who the consultant feels would not be suited to the greater intensity of full psychoanalysis.

What is the difference between a Psychoanalyst, a Psychiatrist, a Psychologist and a Psychotherapist?

A psychiatrist is a medically qualified doctor who has specialised in mental illness and the treatment of those who have significant mental health problems. Psychiatrists may prescribe drugs as well as helping a person to think about their difficulties and how they might find different ways of coping.

A psychologist working in mental health is most usually a Clinical Psychologist who has specialist training in ways of helping people to understand their problems and to find ways of tackling these and their lives, using principles from the psychological study of human behaviour and development.

Psychologists, psychotherapists and psychoanalysts do not prescribe medication, though they may work with psychiatrists and see people who are also being treated with drugs.

Psychotherapists have usually had a training that is very influenced by psychoanalysis and their work has many of the same ideas behind it as psychoanalysis, but they may be more likely to see people for shorter, less frequent and more focussed forms of therapy.

Many psychoanalysts have previously trained and may also work as psychiatrists, clinical psychologists or psychotherapists.

Is Psychoanalytic treatment available on the NHS?

Some NHS Trusts do have some provision for psychoanalytical psychotherapy, but in the present climate, the possibilities for the longer term, more frequent session arrangements needed to support this way of working are increasingly rare. Many psychiatrists, clinical psychologists, counsellors, psychiatric nurses and others who work in mental health, have experience and knowledge of the psychoanalytic model and it may inform their practice. It is always worth asking if you can be referred for psychoanalytic psychotherapy within your local NHS services.

How can I find out more?

www.beyondthecouch.co.uk is a website produced by the Institute of Psychoanalysis and gives a wide range of information and useful links about psychoanalysis.

For further information about the London Clinic of Psychoanalysis, please get in touch:

Clinical Director and Head of Adult services:

Ms Penelope Crick

Head of Child services: **Mr Gideon Hadary**

Administrator: **MsTrudy Turner**

clinic@iopa.org.uk or 0207 563 5002

London Clinic of Psychoanalysis,

Byron House, 112a Shirland Road, London W9 2BT

Further information about psychoanalysis and psychoanalytical psychotherapy can also be found on www.psychoanalytic-council.org the website of the British Psychoanalytic Council. The contact details of practising psychoanalysts and psychoanalytic therapists registered with the British Psychoanalytic Council can be found on this website.