

BACKGROUND INFORMATION ABOUT OUR REFERRALS SERVICE

1. WHAT IS ATTACHMENT-BASED PSYCHOTHERAPY?

The Centre

The Bowlby Centre was established in 1989 and is a dynamic, rapidly developing organisation. We offer referral services, UKCP accredited training, short courses and an annual conference. We offer a wealth of experiences in the fields of attachment and loss, and particular expertise in working with trauma, abuse, relationship breakdown and addiction.

Attachment-based

Attachment-based psychotherapy has at its core an understanding of the importance of relationships to human growth and development throughout life. Secure and supportive relationships enable us to develop a sense of who we are. When we feel alone, or relationships go wrong- in childhood or adulthood – our ability to manage our lives may be thrown into crisis. Mental distress is best worked through in a long-term relationship. The growing attachment relationship with your psychotherapist will give you the opportunity to mourn past losses and to explore the impact of important relationships on your life – both current and past.

Psychoanalytic

Sometimes we may find ourselves repeating patterns from the past or getting stuck in a lifestyle, relationships, or behaviours, which may not be helpful to us. A psychoanalytic approach brings into awareness the ways of being which are unconscious, deeply set and inclined to produce frustrating repetitions. This approach can help us to make sense of how we got where we are now and to face some of the feelings and fears we may have hidden from ourselves.

Psychotherapy

We see psychotherapy as a co-operative venture between psychotherapist and client. Secure boundaries and confidentiality provide a safe setting, which can enable clients to share experiences and feelings that they may not have previously been able to talk about. Long term healing of distress, anxiety or depression means getting in touch with the underlying emotions and experiences, in order to promote creative change in your life.

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2. FINDING A THERAPIST FOR YOU AT THE BOWLBY CENTRE

If you would like to explore the possibility of having an Assessment to be referred to one of our therapists, please read through all the information in this pack carefully and then fill in the '**Request For Therapy Assessment Application Form**' and return it to us, as directed on the form.

The questions we ask you to fill out on the form will give us the basic information we need to arrange for one of our Assessors to contact you to discuss any outstanding queries you have. After this discussion, which is usually carried out by telephone, if you decide you would still like to proceed with your request to be placed with a therapist, the Assessor will arrange a time to meet with you to carry out the Assessment.

Unfortunately, our Blues Project Scheme for people who are on benefits, or have a low income of less than £12,000 per annum is currently full. We will post it on our website when we have spaces again. However, we do have some Low Cost spaces @ £40.00 per session, depending on your income, as well as Full Cost psychotherapy spaces. Please see section 3, 'Our Services and Fees', towards the end of this Pack for more information.

What Is The Assessment?

The Assessment is an initial session to explore your therapeutic needs and preferences. Following the assessment, your Assessor, in conjunction with the Referrals Team will carry out the work to refer you to a suitable Bowlby Centre therapist who will work with you long term.

We can never guarantee to place you with a therapist, as this is dependent on many factors, including whether we have somebody available in our pool of therapists who meets your stated needs and preferences at the Assessment. However, if we offer you an Assessment we will do everything we can to make a successful placement and keep you informed about the progress of your referral.

What Are Our Professional Standards And Ethics?

The Bowlby Centre is a member of the Psychoanalytic and Jungian Analysis (C.P.J.A.) Section of the United Kingdom Council for Psychotherapy (U.K.C.P.) All our therapists are members of the U.K.C.P. The Bowlby Centre has an ethical code and complaints procedure. Clients can make an appeal to the U.K.C.P. about any alleged malpractice. A therapist or organisation can be struck off the UKCP register of accredited psychotherapists if unethical behaviour is proven.

Who Are Our Therapists?

The Referrals Service makes referrals to qualified psychotherapists from the Bowlby Centre members. We also make referrals to psychotherapists in training, at The Bowlby Centre, under the supervision of one of our psychotherapists, approved for this role, or other qualified practitioners who are governed by the same code of conduct and ethics.

What About Valuing Difference and Diversity?

The Bowlby Centre looks to all sections of the community in welcoming clients and therapists. If you are Black, from an ethnic minority, a woman, lesbian or gay, an older person, working class or disabled we believe that it is important that you can speak to a therapist who will respect you and be aware of the ways that racism, sexism, prejudice and discrimination can exacerbate any difficulties you are experiencing. If you wish to work with someone from a similar background to you, we will try to facilitate this, where possible. We have therapists in our referral pool from minority groups in the community, or who have particular areas of expertise or experience – such as addictions, learning disability and trauma.

Where Are Our Therapists Located?

Our Bowlby Centre therapists are based mainly in London and Greater London, but a number are to be found in various locations across the country.

If you are looking for a Bowlby Centre therapist outside the Greater London Area fill in the '**Request For Therapy Application Form**'. Once we receive your form someone from the team will contact you to put you in touch with a therapist that lives in your location, where possible.

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3. OUR SERVICES AND FEES

We offer a range of psychotherapy services. The current referral rates for therapy are as follows:

Full Cost Psychotherapy

For people who are paying the full fee for therapy:

Initial Assessment £100.00

Therapy £55-£85 per session (for one, two, or more sessions per week.)

Low Cost Therapy

Lower Rate For People With An Income of Less Than £20,000 p.a. (gross):

Initial Assessment £60.00

Therapy £40.00 per session (for once weekly therapy.)

Please bring proof of your income to your Assessment to be eligible for Low Cost therapy.

It will state on the attached '**Request For Therapy Assessment Application Form**' if we have Low Cost Spaces at present. If the form states there are no Low Cost Spaces currently available, we will post it on our website when we have spaces again and advise you to request a new application pack at that time.

The Blues Project Therapy

Unfortunately, our Blues Project Scheme for people who are on benefits, or have a low income of less than £12,000 per annum is currently full. We will post it on our website when we have spaces again.

For people who are on benefits, or have a low income of less than £12,000 per annum:

Initial Assessment £35.00

Therapy £10.00 per session (for twice weekly therapy)

If you are accepted onto the Blues Project, it will involve a commitment to attend twice weekly therapy @ £10.00 per session for a minimum of 2 years.

Please bring proof of your income to your Assessment to be eligible for the Blues Project.

Please bear in mind we have limited spaces on The Blues Project and this service is in high demand. It will state on the attached '**Request For Therapy Assessment Application Form**' if we have spaces on the Blues Project at the present time. If the form states there are currently no spaces available on this scheme, we will post it on our website when we have spaces again and advise you to request a new application pack at that time.

Please note that the fee for your therapy could be subject to increase if your circumstances change. Low Cost and Full Cost therapy may be subject to yearly increments.