

Finding a Therapist or Counsellor

This factsheet will give some background to what counselling and psychotherapy are, and how to go about finding a counsellor or therapist on the NHS, through a voluntary organisation or private. The word practitioner will sometimes be used in this factsheet in place of counsellor or psychotherapist. You can also look up a list of counselling services and talking therapies by going to the Quick Search, at the top left of this site.

What are Counselling and Psychotherapy?

British Association for Counselling and Psychotherapy (BACP) - A brief explanation of counselling and psychotherapy, and guidance on the first steps to finding a therapist.

www.bacp.co.uk/seeking_therapist/right_therapist.html

National Mind - Online booklet 'Understanding talking treatments'

Answers some questions you may have about talking treatments including: What are the different types? Do they work? How do I get started?

<http://shop.mind.org.uk/shop/booklets/515>

How do I Find a Counsellor or Psychotherapist?

Your GP can refer you for **counselling through NHS**. This will be free. However there will be a waiting list. In Harrow, GPs can refer you to the Harrow Improving Access to Psychological Therapies (IAPT) for short term counselling, Harrow Psychological Services or Psychotherapy Service at Northwick Park Hospital (details of these services below).

There are a number of **voluntary sector organisations** with counselling services in Harrow, which offer low cost counselling or a sliding scale dependant on income. Again with low cost counselling there is likely to be a waiting list (details below).

For information on **private counsellors and psychotherapists** in your area visit the websites of

- The British Association For Counselling and Psychotherapy (BACP)
www.bacp.co.uk
- The UK Council for Psychotherapy (UKCP)
www.psychotherapy.org.uk
- The British Association for Behavioural and Cognitive Psychotherapies
www.babcp.com

Contact details are at the end of this factsheet. Private therapists usually have sliding scales, however the scale starts at a higher minimum payment than low cost counselling. A typical standard fee is £20 to £50.

Some employers have arrangements with agencies that provide counselling for their employees, often over the phone. If you have access to this, you may need to check that confidentiality is fully observed, with no details other than your name and the number of sessions passed on to the employer.

NHS Psychological Services in Harrow

Harrow Improving Access to Psychological Therapies (IAPT)

The Harrow Improving Access to Psychological Therapies (IAPT) offers evidence-based therapies, which provide choice and early intervention to people affected by anxiety and depression.

Psychology Dept, T-block, Northwick Park Hospital, Watford Road, Harrow HA1 3UJ

Tel: 020 8515 5015

Web: www.cnwl.nhs.uk/service/harrow-iapt

Clinical Health Psychology Northwick Park Hospital

The services focus on psychological problems that arise from physical illness or pre-existing psychological problems that complicate the management of the physical illness. They offer treatments such as cognitive behavioural therapy or motivational interviewing, to optimise coping, quality of life and physical healthcare treatment.

Northwick Park Hospital, Watford Road, Harrow HA1 3UJ

Tel: 020 8869 2326 or 020 8869 2324

Web: www.cnwl.nhs.uk/service/northwick-park-hospital-clinical-health-psychology

Harrow Psychotherapy Service

Harrow Psychotherapy Service provides assessment and treatment to help people with complex difficulties, who are keen to understand themselves better.

Assessment may be followed by one of the following treatments: individual psychotherapy, group psychotherapy, cognitive behavioural therapy, cognitive analytic therapy, or family therapy.

Mental Health Unit, Northwick Park Hospital, Watford Road, Harrow HA1 3UJ

Tel: 020 8869 3602

Web: www.cnwl.nhs.uk/service/harrow-psychotherapy-service

Older people inpatient mental health wards

The service provides a multidisciplinary assessment and treatment package involving the patient, relatives and carers from admission through to discharge. The care will take into account the needs of the patient as well as the relative and/or carer and will ensure that discharge planning reflects the needs of both.

Ellington Ward, Northwick Park Hospital, Watford Road, Harrow HA1 3UJ

Tel: 020 8869 2268 / 2269

Web: www.cnwl.nhs.uk/service/ellington-ward

Harrow child and adolescent mental health services (Harrow CAHMS)

The team at Harrow CAMHS provides community mental health services to children, young people up to the age of 18, and their families with complex mental health difficulties, in a range of different ways depending on their needs.

322-326 Northolt Road, South Harrow, Middlesex HA2 8EQ

Tel: 020 8869 4500

Web: www.cnwl.nhs.uk/service/harrow-camhs

Voluntary Sector Counselling Services in Harrow

There is more information in this directory about each service, if you look up the Advanced Search.

Harrow Counselling Centre

Provides affordable professional counselling.

1 Orley Court, 93 Greenford Road, Middlesex, HA1 3QD

Tel. 020 8423 8454

Email: info@harrowcounselling.com

Web: www.harrowcounselling.com

Communicare Counselling Service

Counselling service with sliding scale according to clients means up from £30 per session

Christ Church, Redford Way, Uxbridge, UB8 1SZ

Tel 01895 256056

Email: ccsenquiry@btinternet.com

Web: www.communicarecounsellingservice.co.uk

EACH (Ethnic Alcohol Counselling Hounslow/Harrow)

EACH has a service in Harrow. The service offers counselling for problem drinkers, their partners, families and significant others. EACH also has a counselling service for anyone experiencing Domestic Violence.

Tel 020 8861 3884

Email: info@eachharrow.org.uk

Web: <http://www.eachharrow.org.uk/harrow>

Relate

Counselling for couples and relationship difficulties.

Civic Centre Complex, Station Road, Harrow, HA1 2XH

Tel. 020 8427 8694

Email: info@relatelondonnw.org.uk

Web: www.relatelondonnw.org.uk

Harrow Women's Centre

Women only space with counselling service.

Andrews Close off Bessborough Road, Harrow HA1 3GE

Tel. 020 8422 1100

Email: thehwc@hotmail.com

Web: <http://www.harrowwomenscentre.org/>

Yakeen Counselling Service

Counselling service for Asian Women

C/o Diwa Asian Women's Network. 1 St Kilda's Road, Harrow, HA1 1QD

Tel 020 8427 6796

Email: yakeen_dawn@yahoo.co.uk

Web: http://www.counselling-directory.org.uk/counsellor_2472.html

Harrow Churches Bereavement Visiting Scheme

All people in the Borough and Anglican Deanery of Harrow

The Lodge, 64 Pinner Road, Harrow, HA1 4HZ

Tel 020 8427 5720

Jewish Care

For Jewish people experiencing mental health difficulties and their carers, family.

Amélie House, Maurice and Vivienne Wohl Campus, 221 Golders Green Road, London, NW11 9DQ

Tel 020 8922 2222

Email: helpline@jcare.org

Web: www.jewishcare.org

Harrow Carers

Counselling for carers known to the Carer's Support Centre

376-378 Pinner Road, Harrow, HA2 6DZ

Tel. 020 8868 5224

Email: admin@harrowcarers.org

Web: www.harrowcarers.org

Compass Harrow – Integrated Drug and Alcohol Service

Compass Harrow provides an integrated specialist drug and alcohol treatment service for adults and young people that progressively moves service users towards stable and productive drug-free lives.

The 21 Building, 21 Pinner Road, Harrow HA1 4ES

Tel: 020 8861 2787

Email: info@compass-uk.org

Web: www.compass-uk.org/where-we-work/adult-community-services/harrow

Women and Girls Network

A free, women-only service providing a holistic response to women and girls who have experienced, or are at risk of, gendered violence (including, but not limited to, historic sexual abuse, rape, domestic violence, forced marriage and female genital mutilation). They also have a service called IPAMO, a counselling support service for Refugee women with experiences of gender-based violence with practitioners from the same community or with a personalised experience of coming from a refugee community. IPAMO counsellors can currently work in Albanian, Farsi, Luganda, Mirpuri, Somali and Tamil.

PO Box 13095, London W14 0FE.

Office: 020 7610 4678; Sexual Advice Helpline: 0808 801 0770; Advice Line: 0808 801 0660

Email: info@wgn.org.uk

Web: www.wgn.org.uk

If you have a diagnosed mental health problem

Some counsellors or psychotherapists will work with you if you have been diagnosed with mental health problem such as schizophrenia or manic-depression. They say that the diagnosis is not the most important factor in deciding whether or not to work with you. You need to discuss how you want to work together. You may find you want someone supportive to talk to, who can help you cope better on a day-to-day basis, or you may want longer-term help to explore some of your difficulties. If you are on prescribed psychiatric medication, you need to discuss this with your counsellor and your doctor.

What if I have problems with Alcohol or Non-prescribed drugs?

If you want to see a counsellor or psychotherapist and you have a problem with drug or alcohol abuse, the counsellor may refer you to a specialist service. See contact numbers for EACH and Harrow Community Drug and Alcohol Service above.

How do I Choose a Counsellor or Psychotherapist?

In choosing a counsellor or psychotherapist as well as financial and practical issues which will affect choice, you may also have other considerations such as, different approaches used by counsellors and psychotherapists, whether you want a practitioner who will understand your ethnic background, culture, or sexuality.

Some Questions to Ask

Some of these questions should be covered by the practitioner, these questions may be ones to consider.

- Will it be confidential?
- Do they subscribe to a Code of Ethics?
- Do they belong to a professional organisation?
- How long have they been practising as a counsellor/psychotherapist?
- Have they been in therapy/counselling themselves? (This is one of the requirements for many types of training)
- What sort of training have they had?
- Do they have supervision? (They should)
- Do they specialise in any areas, e.g. sexual abuse, race or cultural issues? (If not, this does not necessarily mean they cannot work with these issues?)
- How long do the sessions last?
- How often are the sessions?
- Is there a set number of sessions offered?
- What happens if this is not enough?
- What are the fees, and is there a sliding scale?
- Will there be a contract?

Services for Specific Groups

If you feel that a general counsellor may not understand your ethnic background or culture, there are organisations which offer counselling especially to black people and people from minority ethnic communities. There are also counselling organisations that offer counselling for lesbian, gay, bisexual and transgender people, and who work specifically with women. (See Voluntary Sector Counselling Services in Harrow above or try the directory Advanced Search).

In addition there are services that are specific to people with certain disabilities. People with learning disabilities for instance have traditionally been ignored. It is now possible for people with learning disabilities to obtain counselling for personal problems, and for help in gaining more control of their lives. Contact the Harrow Learning Disability Team on Telephone: 020 8424 1019 or Email: socialservices@harrow.gov.uk .

Confidentiality

As a general rule, anything discussed in the counselling or the practitioner keeps psychotherapy session confidential. The only exception will be the practitioner's supervision, where the therapist's work with clients is discussed. However your anonymity will be kept. Confidentiality may only be broken if a client discloses a risk to themselves or others. The issue should be discussed with you and the practitioner first before the information is shared.

Code of Ethics

Any counsellor or psychotherapist should observe a code of ethics of which confidentiality and non-exploitation are a basic part. If they belong to a professional organisation such as the British Association for Counselling and Psychotherapy (BACP) www.bacp.co.uk/ethical_framework/ or UK Council for Psychotherapy (UKCP) www.psychotherapy.org.uk, the organisations have a published code of ethics.

Abuse/Exploitation in Therapy

Unfortunately situations have sometimes occurred where therapists or counsellors have abused clients. A therapist may use her/his position to exploit the client emotionally, financially or sexually. Betrayals of confidentiality, or carrying out research on new techniques without the consent of the client, are also unethical.

It is unethical in any circumstances, and even destructive of the work of therapy, for the client and the therapist or counsellor to have a sexual relationship, even if one or both parties want it.

Complaints

If you are not feeling confident about what is happening in counselling or psychotherapy (bearing in mind that it is often emotionally painful and you may sometimes feel negative about it), start by discussing the difficulty with the counsellor or therapist. You may often find that this helps you work with the issues further. You are also free to discuss it with anyone else you choose.

If, after discussion with the therapist, you still feel that you are being treated in a way that abuses or does not respect you, you may decide to make a complaint.

- Many counsellors and psychotherapists are accredited by, or members of, either the British Association for Counselling and Psychotherapy (BACP) or the UK Council for Psychotherapy (UKCP) Both these organisations have written complaints procedures.
- If the counsellor or psychotherapist works through the NHS, this too has a written procedure for complaints.
- There is also an independent organisation, Witness (formerly known as POPAN) that offers support, information and advocacy to victims of abuse by health care professionals and clergy.

See contact details for all the mentioned organisations below:

British Association for Counselling and Psychotherapy

BACP House, 15 St John's Business Park, Lutterworth LE17 4HB

Tel: 01455 883 300

Email: bacp@bacp.co.uk

Web: www.bacp.co.uk

United Kingdom Council for Psychotherapy

UKCP, 2nd Floor, Edward House, 2 Wakley Street, London EC1V 7LT

Tel: 020 7014 9955

Email: info@ukcp.org.uk

Web: www.psychotherapy.org.uk/

British Association for Behavioural and Cognitive Psychotherapies (BABCP)

Full directory of psychotherapists available on the website

Imperial House, Hornby street, Bury, Lancashire BL9 5BN

Tel. 0161 705 4304

Web: www.babcp.com/

Professional Boundaries (Witness)

Support, information and advocacy to victims of abuse by health care professionals and clergy.

49-51 East Road, London, N1 6AH

Tel: 0203 468 4194

Email: info@professionalboundaries.org.uk

Web: www.professionalboundaries.org.uk

Created by:

Mind in Harrow

First floor

132-134 College Road

Harrow

HA1 1BQ

T: 020 8426 0929

www.mindinharrow.org.uk

info@mindinharrow.org.uk

Registered charity number 1067480