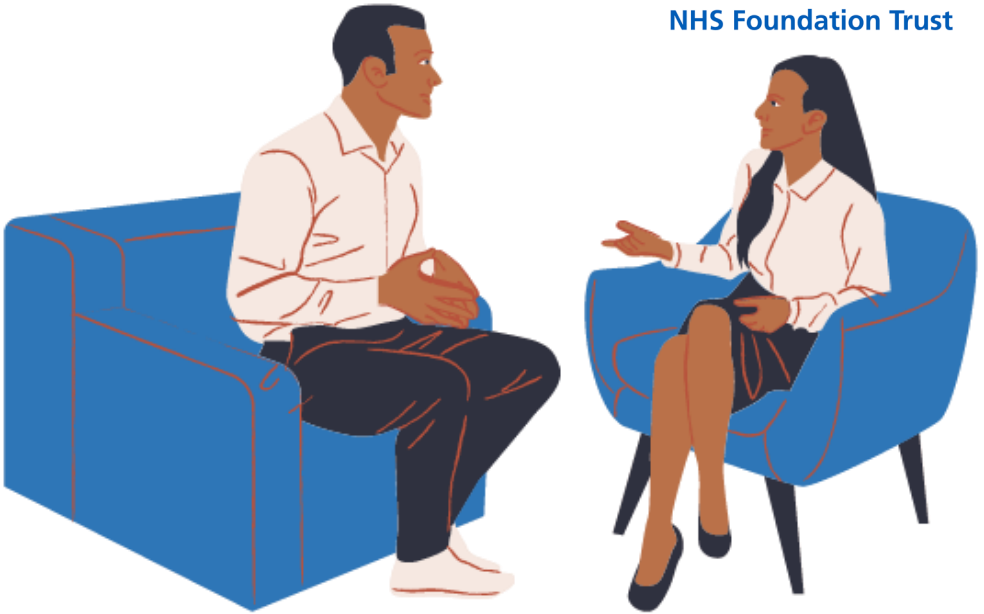




**Oxford Health**  
NHS Foundation Trust



Buckinghamshire

# Private Consultations & Therapy:

Advice from the Specialist  
Psychological Therapies Team

# Accessing private therapy

**This leaflet provides information about how to arrange private psychological therapy for yourself, a relative, or a friend, if you wish to do this.**

It is designed to support you with choosing a private therapist, and to enable you to make an informed decision about care.

As an NHS organisation we are unable to make personal recommendations to private therapists. If you have made a request to see one of our staff privately we are unable to sanction this.

We thought it would be helpful to provide you with a list of accredited professional bodies which you can contact for information, or view their list of accredited therapists.

Many of these organisations will allow you to locate a therapist through their website or members' register and may specify types of



difficulties that they are able to help you with. If you have already been assessed by an NHS therapist, or if you are currently seeing an NHS mental health professional for treatment, and you wish to seek private therapy, we would encourage you to discuss this with the relevant NHS professional.

We advise that you only have one therapist at a time.

**If you think you need more than your therapist can offer, it would be best to discuss this with your therapist.**

# Things to consider when looking for a therapist

- Make sure you know the qualifications and professional background of anyone you might want to see as your therapist. Check with the professional body register to see if they are an **accredited** member. Anyone can be affiliated, but **only a qualified therapist will be accredited or fully registered.**
- Ask for an initial consultation to see whether you fit with the therapist, or their style of therapy, before agreeing to a full course of therapy.
- You may wish to meet with more than one therapist initially, before deciding which one to proceed with.
- Ask about frequency of sessions, cost, length of therapy and what you might address within the therapy.
- Private therapy costs can vary greatly. Some providers offer a sliding scale of charges, depending on ability to pay. If you have private health insurance your insurer may agree to cover some, or all costs.
- Does the problem you wish to address require you to have help from a wider range of professionals? In such cases, a referral to an NHS multi-professional team or service may be more appropriate. Information about local NHS services can be found at: <https://www.oxfordhealth.nhs.uk/publication/adult/>

**For more information about different types of therapies available for various mental health difficulties, please visit: <https://www.mind.org.uk/information-support/guides>**

# A-Z of national agencies & professional bodies


## Association for Cognitive Analytic Therapy

 [www.acat.me.uk](http://www.acat.me.uk)

## Association for Family Therapy and Systemic Practice

 [www.aft.org.uk](http://www.aft.org.uk)

## British Association for Behavioural and Cognitive Psychotherapies

 [www.babcp.com](http://www.babcp.com) /  
[www.cbtregeruk.com](http://www.cbtregeruk.com)

## British Association for Counselling and Psychotherapy

(Search for accredited members)

 [www.bacp.co.uk](http://www.bacp.co.uk)

## British Psychoanalytic Council

 [www.bpc.org.uk](http://www.bpc.org.uk)

## British Psychological Society

 [www.bps.org.uk](http://www.bps.org.uk)


## British Psychotherapy Foundation

 [www.britishpsychotherapyfoundation.org.uk](http://www.britishpsychotherapyfoundation.org.uk)


## EMDR UK Association

 [www.emdrassociation.org.uk](http://www.emdrassociation.org.uk)

## Institute of Group Analysis

 [www.groupanalysis.org](http://www.groupanalysis.org)

## International Society of Schema Therapy (ISST)

 [www.schematherapysociety.org](http://www.schematherapysociety.org)

## Society for Dialectical Behaviour Therapy

 [www.sfdbt.org](http://www.sfdbt.org)

## UK Council for Psychotherapy

 [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

**For further information about what services and treatments are available on the NHS in Buckinghamshire, please contact the Healthy Minds service.**



 [www.oxfordhealth.nhs.uk/healthyminds/](http://www.oxfordhealth.nhs.uk/healthyminds/)  
Or call 01865 901 600

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