



Psychological Therapies

# 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.

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

We hope you will understand that as NHS Trust employees 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 through our service.

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 do not advise accessing two forms of therapy at any one time, as this can be complicated and overwhelming.

If you are interested in accessing private support and are on our waiting list for therapy, we would encourage you to contact the team by calling 01865 901620.

## Things to think about 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 a fully registered member.**
- Ask for a consultation to see whether you fit with the therapist, or their style of therapy, before agreeing to the full course of therapy.
- Ask about frequency of sessions, cost, length of therapy and what you might address within the therapy.
- 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-to-support-and-services/>

## National Agencies and Professional Bodies

Association for Cognitive Analytic Therapy (ACAT)

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

Association for Family Therapy and Systemic Practice (AFT)

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

British Association for Behavioural and Cognitive  
Psychotherapies (BABCP)

📄 [www.babcp.com](http://www.babcp.com) / [www.cbtregisteruk.com](http://www.cbtregisteruk.com)

British Association for Counselling and Psychotherapy (BACP)  
(Search for accredited members)

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

British Psychoanalytic Council (BPC)

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

British Psychological Society (BPS)

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

British Psychotherapy Foundation (BPF)

📄 [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 (SfDBT)

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

The Private Psychotherapy Service: Tavistock Society of Psychotherapists.

📄 [www.tpps.org.uk](http://www.tpps.org.uk)

UK Council for Psychotherapy (UKCP)

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

NHS

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

Healthy Minds

📄 <https://www.oxfordhealth.nhs.uk/healthyminds/>

Call: 01865 901 600

We hope that this leaflet has been a helpful tool to support you, should you wish to access therapy privately.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali**

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

Oxford Health NHS Foundation Trust  
Trust Headquarters  
Warneford Hospital  
Warneford Lane  
Headington  
Oxford  
OX3 7JX

Switchboard 01865 901 000  
Email [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)  
Website [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

Become a member of our Foundation Trust  
[www.ohftnhs.uk/membership](http://www.ohftnhs.uk/membership)