



**Oxford Health**  
NHS Foundation Trust



**Bucks Psychological Therapies Adults**

# **Private Consultation & Therapy**

# 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. Check with the relevant professional body register if they are accredited. Only qualified therapists will be accredited or fully registered.
- ✔ Ask for an initial consultation before you commit to a course of therapy. See whether you feel it is a right fit.
- ✔ You may wish to meet with more than one therapist or type of therapy before you decide to commit.
- ✔ Ask about frequency, cost, length of therapy, cancellation policy, breaks in therapy.
- ✔ Private therapy costs can vary greatly. Some therapists offer a sliding scale of charges that depends on personal circumstances. If you have private health insurance your insurer may agree to cover some or all of the costs. Check if the therapist is registered with insurance companies.
- ✔ Consider whether the problem you wish to address requires you to have help from a wider range of professionals? Your private therapist and your GP can be in communication, with your permission. Or you might consider a referral to the NHS multi-professional team or service may be more appropriate. Information about local services can be found at: [Adult mental health \(Buckinghamshire\) - Oxford Health NHS Foundation Trust](#)

# National agencies & professional bodies (in no order)

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)

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

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

British Association for Counselling and Psychotherapy  
[www.bacp.co.uk](http://www.bacp.co.uk)

Institute of Psychoanalysis <https://psychoanalysis.org.uk>

EMDR UK Association <https://emdrassociation.org.uk/>

Institute of Group Analysis [www.groupanalysis.org](http://www.groupanalysis.org)

International Society of Schema Therapy  
[www.schematherapysociety.org](http://www.schematherapysociety.org)

Society for Dialectical Behavioural Therapy <https://sfdbt.org>

# Further information about different types of therapy

Please visit the MIND website. Here you will find information about various mental health difficulties and information about other support available [www.mind.org.uk/](http://www.mind.org.uk/)

For further information about what services and treatments are available on the NHS in Buckinghamshire please contact Buckinghamshire Talking Therapies. Call, Text or visit us online.

[www.oxfordhealth.nhs.uk/bucks-talking-therapies/](http://www.oxfordhealth.nhs.uk/bucks-talking-therapies/)

Call 01865 901 600.

Text 07798 667 169





# Accessibility

Patient information leaflets are available on our website:  
[www.oxfordhealth.nhs.uk/leaflets](http://www.oxfordhealth.nhs.uk/leaflets)

# Get in touch

Address        Oxford Health NHS Foundation Trust  
Trust Headquarters  
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Sandford Road, Oxford OX4 4XN

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

# Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone         0800 328 7971  
Email         [PALS@oxfordhealth.nhs.uk](mailto:PALS@oxfordhealth.nhs.uk)

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Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: [\*\*www.oxfordhealth.charity\*\*](http://www.oxfordhealth.charity)