



The Sloane Court Clinic

A private clinic in Chelsea, London providing psychiatric and psychological care.

The Sloane Court Clinic

11 Sloane Court West

London SW3 4TD

Appointments: 020 7730 5945

Reception: 020 7730 9326

Fax: 020 7730 9871

E-Mail: office@sloanecourtclinic.com

Web: www.sloanecourtclinic.com

Rapid Access to Psychotherapy

Introduction

The psychologists at the Sloane Court Clinic provide Cognitive Behavioural Therapy (CBT) as well as other modern psychotherapies including Problem-solving Psychotherapy, Schema-focused psychotherapy, Mindfulness-based Cognitive Therapy, Cognitive-analytic Therapy (CAT), Mentalization-based treatment (MBT), and Dialectical Behaviour Therapy (DBT), also Eye Movement Desensitization and Reprocessing (EMDR).

The final decision on which form of psychotherapy to use, or what combination, is often reached at the initial assessment – CBT is the most commonly used.

Read about these psychotherapies through the links on the [Psychology page](#).

Rapid Access

Waiting List - We do not operate a waiting list for our treatments and offer almost immediate access to psychotherapy, sometimes during the week of initial contact.

Timing of the Appointment - Our staff collectively cover the whole week from 09.00 to 19.00 Monday to Thursday, to 18.00 on Fridays. We are sometimes open on Saturday mornings as part of the clinical psychology service. Please contact us for details; we anticipate that we can offer you a suitable appointment.

Referral - For a psychological treatment, that is psychotherapy, it is not strictly necessary to have a general practitioner / family doctor (GP) referral. We feel it is good practice for general practitioners to be aware that you are undertaking psychological treatment and we provide occasional updates to your General Practitioner on the progress of this work. As such, we would require your General Practitioner be told of your intention to start psychotherapy and ideally we prefer a letter of referral. It is particularly helpful where there has been past treatment or psychiatric medication prescribed. If you do not have a family doctor then this does not preclude you being given an appointment.

Fees, Payment & Insurance - Some insurance companies request there be a GP referral, and if you are having treatment paid for by an insurer it will be important to check this, and also to ask your insurer whether you need pre-authorisation, and indeed a pre-authorisation code.

We accept payment directly from all UK health insurers, though for non-UK insurers we request pre-payment and for you to arrange reimbursement directly from your insurer. If you are self-paying we request payment on the day in cash, by cheque, or if you prefer we have debit/credit card facilities. Our fees are displayed on the website [here](#) and for psychology are £160 or £185 per hour, depending on which psychologist is seen. Psychiatric treatment is £300–£340 per hour, and £150–£170 per half hour.

Role of the Psychiatrist

Psychiatric assessment - Sometimes before starting psychological treatment, and also during that psychological treatment, it is wise to have a psychiatric assessment and on-going follow-up with a psychiatrist.

When? - This is more relevant if the symptoms you are presenting with are particularly acute and severe, if you are taking psychiatric medication, if you are suffering from a medical condition, and if there is the possibility of a physical condition that might be relevant to your psychological difficulties, including the use of alcohol or any substances.

If you have had prior psychiatric treatment it will also be very helpful to have psychiatric review prior to starting psychological treatment. Also there are certain circumstances in which it is at least initially prudent to have some form of psychiatric medication to alleviate acute psychological symptoms, enabling one to function in the activities of daily living, and to cover the interval before the psychological treatment helps your symptoms. If you consider that an initial psychiatric assessment would be indicated, this can be mentioned when you speak to the Clinic Reception, or discussed with the psychologist at your first visit and for this we would be grateful for a brief letter of referral from your general practitioner to Dr Howells, if you have a GP.

Contact Details

The Clinic Reception number is open from 9.00 am to 7.00pm, Monday – Thursday, and from 9.00 am to 6.00pm on Fridays. We are also often open on Saturday mornings as part of the clinical psychology service.

The reception number is **020 7730 9326**. The fax number is 020 7730 9871.

E-mail enquiries may be made to office@sloanecourtclinic.com and we can generally reply the same day. Messages may be left on the answer-phone out of hours.

Specific Clinical Services

The Sloane Court Clinic is developing specific clinical services to add to our general psychological services. Presently these include the following:

- Psychological treatment for Adult Attention Deficit Disorder (ADHD)
- Psychological treatments for children and adolescents
- Psychological treatment for sexual problems.
- Psychological treatment for complex and risk behaviours.
- Psychological treatment for traumatic stress.
- Psychological treatment for students.
- Psychological treatment for adult autistic spectrum disorders.
- Psychological treatment for psychological problems arising in pregnancy
- Parenting advice
- Liaison with school educational psychologists
- ADOS and ADHD assessments

Further Information

The website contains comprehensive explanatory information and links to this is available by visiting our [Frequently Asked Questions](#) page.