

## Claremont Psychotherapy Service

Claremont offers low cost psychotherapy to people who would find other services too costly for their current circumstances.

The service is suitable for a wide range of problems, including problems with relationships, depression and meaning, dying and bereavement, eating/body image, low self esteem, stress, drug and alcohol related problems, self harm, panic attacks and sexuality.

The service is particularly keen to work with people unable to access other psychotherapy services due to cost, physical access or other limiting factors.

The service is not for you if you feel you are at high risk of imminent and significant self harm (suicide, for example) or harm towards others. We do however have a range of emergency contacts for you if you are in such a crisis and we can help you to get in touch with the right people.



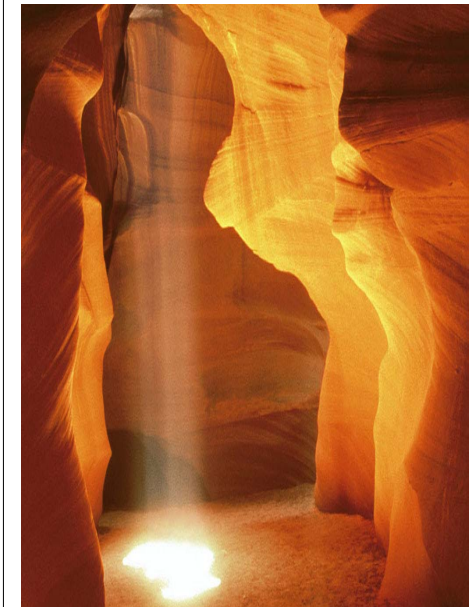
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24-27 White Lion Street  
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Phone: 020 7689 8090  
[info@claremont-project.org](mailto:info@claremont-project.org)



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24-27 White Lion Street  
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### How will I know if the service is right for me?

When you contact us we will probably arrange an initial meeting to discuss your needs. The initial meeting will not be a therapy session but will be treated in the same way in terms of confidentiality. After the initial meeting, we will probably arrange a first session for you with a therapist.

Generally we have found that some people benefit far more than others from this type of service. These tend to be people who are prepared to explore their personal responsibility for their lives, are ready to question themselves and be questioned, and are prepared to consider the possibility that there might not be a “a smooth and perfect life”.

The service is specifically not suitable for someone who is likely to be violent towards the therapist or to other people within the Claremont building or who needs immediate referral to a crisis team (suicide risk, for example) or to psychiatric or medical services.

### What type of psychotherapy is it?

Claremont’s service is broadly existential-phenomenological in approach. We have a short document describing our approach and what you should expect from working with an existentially orientated therapist. Prospective clients are asked to read the document carefully and to consider if the approach might be right for them.

### When are therapy sessions?

Generally clients will meet with their therapist once a week for 50 minutes and agree a suitable regular time and day for these meetings. Sessions can take place at any agreed time from 7am to 9pm (ending by 9.50pm).

### Where are therapy sessions?

Sessions will typically take place in a meeting room on the first floor of the Claremont building (24-27 White Lion Street, London N1 9PD). However, if you might have difficulty ascending the stairs (there is no lift), we will take all reasonable steps to find an alternative space and will discuss various options with you.

### How much does it cost?

The service is designed to offer low cost psychotherapy. We think that you should pay something towards the service you receive, even if it is a very small contribution. We will discuss this and agree a figure with you at the first meeting. Payment is due at the end of each session or can be paid for in advance. Sessions missed by you will be charged to you unless you have given at least 24 hours notice that you will not make a session.

### Who are the therapists?

Therapists are carefully vetted by a team at Claremont for their suitability and come from the post graduate training programme at the New School of Psychotherapy and Counselling (NSPC), London, which is Europe’s foremost existentially-orientated training institution. The programme is accredited by the University of Sheffield. Every therapist makes a minimum commitment of staying with the service for at least one year and enters into a formal volunteer contract with the service. The service and all who work for it adhere to the NSPC’s Code of Ethics. The service is also an organizational member of the British Association of Counselling and Psychotherapy (BACP) and is bound by BACP’s Ethical Framework for Good Practice in Counselling and Psychotherapy and subject to its Professional Conduct Procedure.

### Will the sessions be confidential?

Sessions are confidential and we will not usually communicate with *anyone* outside the service, including GP’s. It is only in the event of serious concern for your immediate safety or that of someone else that we might override this rule, although wherever possible we would discuss this with you first. All records are kept confidential within the terms of UK law and are stored securely and under data protection legislation.

