

# Equal Opportunities

Psychotherapists work with clients from diverse backgrounds, many of whom are already vulnerable or have experienced discrimination. For this reason, both in training and practice, therapists are committed to working sensitively and respectfully with clients regardless of their age, disability, ethnicity, gender, marital status, religion or sexual orientation.

Claremont is an affiliate member of UKCP (UK Council for Psychotherapy) and is bound by their ethical framework for good practice in counselling and psychotherapy and subject to its professional conduct procedure.

Claremont Project

24-27 White Lion Street, London, N1 9PD

# Claremont Psychotherapy Service

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Existential psychotherapy





## Claremont Psychotherapy Service

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### Is the service right for me?

Claremont offers a low-cost psychotherapy service to adult residents of Islington aged 18+ who would find private services too costly. The service is for a range of issues, including: relationships, depression, meaninglessness, bereavement, body image, self-esteem, stress, substance use, panic attacks, sexuality and isolation. For some it is about tackling a specific issue; for others it is more a process of personal exploration and developing greater self-awareness. The service is not for people who are at high risk of imminent and significant harm towards themselves (suicide, for example) or towards others. We can, however, help with signposting to the right people.

### What type of psychotherapy is it?

Claremont's service is broadly existential-phenomenological in its approach. Generally, we have found that people who benefit most from this type of approach are prepared to question themselves and be questioned. See our leaflet on the existential-phenomenological approach or our website for more information.

### Where are the therapy sessions held?

Sessions will typically take place in a room on the first floor of the Claremont building. The building is very close to Angel tube station and is well served by bus routes. Unfortunately there is no private parking available.

### How much does it cost?

The service is designed as a low-cost service. We will discuss and agree a fee with you at the first meeting. Most people pay between £10 and £30 a session, depending on what they feel they can afford. Payment is due at the end of each session.

### When are the therapy sessions?

Generally, you would meet with the therapist once a week for 50 minutes at an agreed, regular time and day for a maximum of one year. Sessions can take place between 8am and 8pm but are subject to availability.

### Who are the therapists?

Therapists are carefully vetted by a team at Claremont. They are completing postgraduate programmes, usually at the New School of Psychotherapy and Counselling (NSPC) or Regent's University London, which are Europe's chief existentially-orientated training institutions. The service and all who work for it adhere to the ethics and practice guidelines of the UKCP (UK Council for Psychotherapy)



## Getting in touch

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When you contact us we will probably arrange an initial meeting to talk about your needs. The initial meeting will not be a therapy session but will be treated with strict confidentiality. After that point, if the service is right for you, a first session with a therapist will be arranged. The contact details are below.

### Are the sessions confidential?

Sessions are confidential and we will not usually communicate with anyone outside the service. Only if we are seriously concerned for your immediate safety or someone else's, we might override this, 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. Our confidentiality policy is always discussed in detail at the first meeting.

## Contact Us

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