

SIHR

**ADULT
PSYCHOANALYTIC
PSYCHOTHERAPY
SERVICE**

Scottish Institute of Human Relations
- understanding people -

172 Leith Walk
Edinburgh EH6 5EA
0131-454 3240

The Scottish Institute of Human Relations

was founded in 1971 as an independent non-profit making organisation with charitable status. It has training and therapeutic centres in both Glasgow and Edinburgh. These complement those provided by the National Health Service, Social Work Services and Universities. The Institute's therapeutic, training and research activities are supported by its specific identity as a psychodynamically based organisation.

Reflected in its therapeutic services, and its training programmes, is the Institute's concern with the whole person in her or his social context, and this includes partnerships, the family, the organisation and the wider culture. The psychodynamic approach sees these aspects of a person as inextricably linked so that the social system in which the individual lives is seen as constantly affecting her or his personal growth.

WHO CAN BENEFIT FROM PSYCHOANALYTIC PSYCHOTHERAPY?

Individuals

Many individuals suffer from a wide range of emotional and mental distress caused by a variety of factors, which affect their lives, their relationships, both personal and professional, and their sense of effectiveness at work and in their intimate lives. These difficulties often manifest as depression or anxiety or other painful and confusing emotional and physical symptoms.

Some people come in order to make sense of more generalised feelings of loss and emptiness or dissatisfaction. These can be accompanied by overwhelming and inexplicable feelings towards the self and others, such as anger, despair or rootlessness.

The insights and benefits gained from this kind of psychotherapeutic work can release an individual's potential for effective and creative living, in personal relationships, at work and in relation to their own "self".

Couples

Couple psychoanalytic psychotherapy can be helpful to partners experiencing difficulties in their relationships.

Professionals

Those in fields such as medicine, social work, teaching, the law, religious leaders and the voluntary sector can find this kind of therapeutic work very useful, both professionally and personally. It helps in managing the perceptions of, attitudes to, and interactions with colleagues as well as clients, and the strains sometimes associated with these relationships.

Trainee therapists and counsellors

Practitioners, from a wide range of theoretical perspectives, find their engagement with psychoanalytic psychotherapy a valuable part of their professional and personal development. For many it is a requirement of training or accreditation.

Other contexts

The insights from psychoanalytic ideas can be applied to a wider group of people than those attending for therapy, illuminating complex organisational and relational issues at work, through consultancy or supervision.

WHAT IS PSYCHOANALYTIC PSYCHOTHERAPY?

Psychoanalytic psychotherapy has a number of fundamental assumptions about human experience:

- that individuals are governed by both conscious and unconscious processes
- that unresolved relationships and experiences from the past are repeated and re-enacted in the present and can cause much emotional and mental distress
- that the individual and professional relationship with the psychotherapist is central to the processes of working through the underlying difficulties.

It provides the opportunity to explore, make sense of and work through the processes which inform feelings, thoughts and actions.

The understanding and insight gained can alleviate emotional, mental and physical symptoms, and lead to more satisfactory and meaningful ways of conducting one's life and relationships.

Psychoanalytic psychotherapy is usually intensive long-term work and requires considerable commitment of time and energy. The frequency of sessions ranges from once to three or more times a week, and is worked out with the psychotherapist.

Sessions last 50 minutes. The length of time a person may be in psychoanalytic psychotherapy is very variable and is determined by the individual's or couple's needs.

Other services offered by SIHR psychotherapists

- Short-term focused psychotherapy
- Personal consultations
- Occasional or regular professional consultations, or clinical supervision

WHO ARE THE MEMBERS OF THIS SERVICE?

All the psychoanalytic psychotherapists in this service are experienced practitioners from a wide range of backgrounds including medicine, educational and clinical psychology, the ministry, social work and education.

They are members of the Scottish Association of Psychoanalytic Psychotherapists (SAPP) and registered members of the British Psychoanalytic Council (BCP), as well as holding membership of other professional organisations.

The service covers the East of Scotland from Perth to the Borders.

WHAT IS THE REFERRAL PROCEDURE?

Individuals refer themselves. Sometimes general practitioners, hospital consultants, mental health workers or others recommend psychoanalytic psychotherapy, but it is always up to the individual to make the initial contact.

A telephone call or letter to SIHR starts the process.

Telephone number: 0131 454 3240

SIHR 172 Leith Walk Edinburgh EH6 5EA

email edinburgh@sihr.org.uk

WHAT HAPPENS NEXT?

Once a request for psychotherapy is received a letter, a form and this booklet are sent to the enquirer. When these are returned an initial assessment is arranged with one of the psychotherapists, at their consulting room. The therapist will make contact to arrange the assessment interview usually within two weeks of receipt of the form by the convenor of the service.

The form is used to assist the assessment and is confidential to the clinical staff. It should be returned to the SIHR in an envelope marked CONFIDENTIAL addressed to:

The Clinical Coordinator, Psychotherapy Service.

WHAT IS AN ASSESSMENT INTERVIEW?

Everyone who requests psychoanalytic psychotherapy is offered an assessment appointment with one of the therapists. This is an opportunity for the individual to discuss their difficulties and to explore whether this form of psychological treatment is appropriate for them, or whether other options should be considered. An assessment may last more than one session. As part of this process the assessing therapist will discuss the request for therapy at an assessment meeting with the clinical team.

If psychoanalytic psychotherapy is mutually agreed arrangements will be made to start the work as soon as possible. This may not be with the therapist who carried out the original assessment.

HOW MUCH DOES IT COST?

Assessment session: 60 - 90 mins. fee £65 to £75.

Sessional fee: from £45, by negotiation with the psychotherapist. Fees are reviewed annually and any changes are implemented from April each year.

Once regular sessions are arranged, absences are normally charged for.

HOW IS THE QUALITY OF SERVICE ENSURED?

The psychoanalytic psychotherapy service staff have undertaken extensive training. The service requires that members have considerable experience, and that they maintain their own continuing professional development. The latter includes consultancy supervision of ongoing work, which is a significant process, ensuring a quality service.

SI HR has a complaints procedure that is available on request from:

The Chair of the Ethics and Standards Committee
SI HR
172 Leith Walk
Edinburgh
EH6 5EA

THE PSYCHOANALYTIC PSYCHOTHERAPISTS

Dr P A D Holland, PhD (Contact)

Ms J Brooks

Ms J Campbell

Mr J Canizares

Dr N Chadd

Ms J L Fewell

Mrs T Fransman

Dr C J S Holland

Mr M Leishman

Mrs M Ludlam

Ms A Neill

Mrs J Prentice

Mr J Sperber

Dr V Walker, PhD

REDUCED FEES and BURSARIES

Two independent trusts can provide financial assistance as part of professional development.

The Sutherland Trust is a fund to support psychodynamic learning and development for those in Social Services, Health Care and Education, which includes the opportunity for psychotherapy.

The Harry Guntrip Memorial Trust provides bursary help for religious leaders in Scotland and the North of England who wish to use the resources of SIHR, including psychotherapy.

Trainee Psychoanalytic Psychotherapist

Occasionally vacancies arise for psychotherapy at reduced fees with psychoanalytic psychotherapy trainees.

This requires a commitment to attendance three times per week for a minimum of one or two years. There may be a considerable waiting period for such a service.

Other Services of SIHR

Counselling Service

Children and Young People's Service

Organisational Consultancy

The Scottish Institute of Human Relations

172 Leith Walk
Edinburgh
EH6 5EA

5 La Belle Place
Glasgow
G3 7LH

Tel: 0131 454 3240

Fax 0131 454 3241

edinburgh@sahr.org.uk

0141 332 0011

0141 332 3999

glasgow@sahr.org.uk

www.sahr.org.uk

SIHR aims to ensure that no-one receives less favourable treatment on the grounds of gender, parental status, ethnic origin, colour, nationality, social class, disability, sexual orientation, religious belief or age. This information is available in other formats.

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