

**WE CAN  
HELP**

psychotherapy  
for Lambeth residents  
living on low incomes

**make the  
changes  
you want**

**get the  
help  
you  
need**

## **Why psychotherapy?**

Psychotherapists are trained to listen in a way that enables you to find your own voice and change how you feel about yourself and the world around you. At the Guild we work flexibly, considering the needs and concerns of each person in helping to find effective ways of dealing with life's challenges.

## **Psychotherapy can help you when -**

- you feel depressed, anxious or stressed
- you have difficulty with relationships
- you live with eating disorders
- you have experienced loss, bereavement or trauma
- you are confused about your sexuality
- something difficult has happened that you have not been able to discuss before
- you are troubled by anger, at home or work
- you have little confidence in yourself

## **The Guild Clinic**

The Guild of Psychotherapists runs a community based psychotherapy clinic at 47 Nelson Square, Blackfriars Rd, London SE1.

The aim of the clinic is to provide psychotherapy for up to 2 years to adults (people over 18 years old) on a low income who live in Southwark, Lambeth or Lewisham.

# make changes to your life

Lambeth assisted places in the Guild Clinic  
The Clinic receives funding from the Walcot  
Foundation to help provide psychotherapy for  
eight Lambeth residents who have a connection  
with the Walcot Foundation\*.

If you would like to consider therapy with the  
Clinic, please contact the Guild office (020 7401  
3370) *and mention the Walcot Foundation*. You  
will be asked how you heard about the service.  
All information you provide is completely  
confidential and your identity would never be  
revealed to the Walcot Foundation.

You will then be offered a 90 minute consultation  
to explore your concerns, and to think about how  
psychotherapy may help. If it is agreed that the  
Clinic is the right choice for you, a therapist will  
meet you for 50 minute sessions once weekly, at a  
regular time which is convenient for you.

The consultation fee is £10. The amount you pay  
for your weekly therapy session is discussed at  
the consultation, and agreed with your therapist  
when you begin working together. However,  
in most cases, sessional fees are £3. That is the  
minimum fee available.

*\* that may have received a grant from the Walcot  
Foundation or be part of an organisation or school  
that has.*

### **Confidentiality**

All psychotherapy sessions are confidential. But if there is a serious concern that a patient poses a danger to either himself/herself, or another person, the psychotherapist may contact an appropriate professional. This would be with the knowledge of the patient.

### **Equal Opportunities**

The Guild of Psychotherapists has an equal opportunities policy and actively opposes discriminatory practice.

### **Complaints**

The Guild operates a complaints procedure, regulated by its Ethics Panel.

### **Contact details**

The Guild of Psychotherapy Clinic  
47 Nelson Square  
London SE1 0QA  
Telephone 020 7401 3370

**Email** [admin@guildofpsychotherapists.org.uk](mailto:admin@guildofpsychotherapists.org.uk)

**Website** [www.guildofpsychotherapists.org.uk](http://www.guildofpsychotherapists.org.uk)

The Clinic Administrator is available to answer the phone throughout the week between 10 am and 4.30 pm. *Please remember that you must mention the Walcot Foundation when you call, and be ready to explain your connection.*

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