

APPLICATION FOR CONSULTATION WITH THE SAP CLINIC

PART 1 – NOTES ON THE SAP AND THE SAP CLINIC

1. About the SAP

The Society of Analytical Psychology (SAP) is a major centre for training in analytic psychology. Students who train with the SAP become psychological analysts, (prepared to work with patients engaged in treatment (of 4 to 5 times a week analysis) or as psychotherapists (prepared to work with patients engaged in treatment of 1 to 2 times a week psychotherapy).

All students and qualified members of the SAP are required to comply with the ethical and professional standards set by the SAP and by the SAP's regulatory body, the British Psychoanalytic Council. Training at the SAP is based on the pioneering work of Carl Jung and includes exposure to the work of other traditional and contemporary schools of psychoanalysis and Jungian psychology. The SAP has charitable status.

2. The SAP Clinic

The SAP Clinic (the clinic) is an integral part of the SAP and is the portal through which many patients seeking treatment access SAP help. The main base of the SAP is at 1 Daleham Gardens, London NW3 5BY. The clinic offers consultation and is source of referral to SAP members. Consultations and treatment are offered at Daleham Gardens at times, but often these are conducted at the consulting rooms of our members and trainees. The clinic is managed by experienced analysts and an administrator.

In addition to applying to the clinic for help, it is possible to contact members of the SAP directly. The SAP's website gives a listing of qualified members, their location and contact details.

The clinic is also the route to access reduced-fee treatment as the clinic has a limited number of places for treatment. This is described at 6, below.

3. Clinic Consultation

It can be difficult to decide how to proceed if you feel you need psychological help. The SAP can offer the opportunity for consultation with an experienced analyst to explore the issues which trouble you and to consider, with you, the treatment options for addressing these concerns. Our consultations are usually held over two meetings, each duration of 50 minutes. The consultant you would see would not usually be the person who you would then see for psychotherapy or analysis.

The consultant, in discussion with you, then makes a recommendation to the clinic about the way forward and the clinic will contact you following your consultation. At times, the consultation process itself is enough to help clarify your thoughts and for you to decide for yourself what you would like to happen next. The consultation may indicate that the SAP is not the most suitable source of help for you. If this is the case, alternative options would be discussed with you. Often, consultations lead to the recommendation that you would be assisted by analysis or psychotherapy with the SAP.

4. The analytic approach to treatment

The consultation gives an experience of the analytic approach which is central to the treatment we offer. The analytic approach to treatment is based on our understanding of the human mind. We are all influenced by events in our past and those emotional experiences which have shaped how we feel about ourselves and the world in which we live. A characteristic of the mind is that we can all become caught in cycles or patterns of repeating experiences over which we may feel we have little conscious control. For example, these experiences may lead to repeating disappointments, problems in relationships or at work. We often find ourselves falling back on ways of coping that continue to trap us in all-too-familiar states of, for example, anxiety and/or depression.

The analytic approach takes seriously what is happening in the current day, but also is very concerned with the unconscious part of the mind which can be so influential in these repeating patterns. Part of the mind's complexity is that whilst change is sought, we may resist change. This resistance needs to be understood in order to bring change within reach. This process involves developing a relationship with a therapist or analyst which is constant, regular and safe enough to make this depth of exploration and understanding possible. This, in essence, is the analytic approach which forms the basis of the treatment we offer. We see the purpose of our treatment as helping you to understand your own psychology (your own inner, or internal, world) the medium of the therapeutic relationship. Through this process, the prospect of becoming more autonomous and more at ease with your self is offered.

This approach is not suitable for everyone. The consultation meetings are important in establishing if this approach might be right for you given the issues which bring you to the SAP. If we feel this is the case we will discuss this with you and – where appropriate – suggest alternative sources of assistance.

5. Analysis or psychotherapy?

Analysis offers the opportunity to engage in treatment four times each week. Psychotherapy offers an opportunity to engage in treatment one to two times each week. Which form of treatment is suitable for you would be considered at consultation meetings. This will also be influenced by your – and our therapists or analysts – availability.

This treatment necessarily takes time if meaningful change is to be achieved. It is also not easy. For us all, confronting issues about ourselves – and the defences we deploy in order to try and ‘get by’ - is difficult. But, the process of analysis or psychotherapy is potentially of great value as the often oppressive hold of the past can be released. Whichever form of treatment is recommended, the analytic approach described above will form the basis of treatment.

6. The reduced-fee scheme

We recognise that affordability is often an issue and that financial circumstances vary considerably between people. The SAP offers a reduced-fee scheme for consultation for those on benefits and for students.

For treatment by analysis and psychotherapy, we also have a limited number of places – at reduced cost – made possible by experienced students of the SAP working under the supervision of SAP analysts. Students selected for training by the SAP only begin work with patients when it is considered that they are sufficiently experienced to undertake treatment.

The reduced fee scheme can be made available to those prepared to make the necessary commitment to the frequency of sessions and minimum period to remain in treatment which would be agreed with you. As a guide and subject to consultation, we expect a commitment of remaining engaged with analytic treatment for a minimum of two years at a frequency of four times each week. For psychotherapy, we expect a commitment of remaining engaged with this treatment for a minimum of one to two years depending on weekly frequency. In practice, however, these minimum periods are usually exceeded as treatment continues for as long as necessary beyond these periods.

7. Fees

Fees for psychological treatment can vary considerably. As a rough guide, in private practice once-weekly treatment with a qualified member is currently upwards from around £50 per session. Members may apply a sliding scale so there is a connection between income and session fee. The SAP clinic fees are described below.

The SAP wishes to make it possible for those in need of our help to find it possible to access that help. We therefore have two levels of fees for consultation. They are £150 for those employed and £90 for those on benefits and students.

We ask you to share with us your financial circumstances (in confidence) in the application form so we can gauge the appropriate level of fee to your circumstances. These fees are paid directly to the consultant at the consultation meeting, preferably by cheque. These fees are for the consultation and are not the fees paid for sessions of treatment. Fees for treatment are discussed with the individual analyst/therapist you see for treatment.

8. What happens next

If you wish to arrange a consultation with the SAP clinic the next step is to complete our application form. All information provided is treated confidentially by the clinic. The application papers are in 4 parts. The first two parts (1 and 2) are explanatory notes and the second two (3 and 4) are the application forms as follows:

Part 1 – Notes to help you decide if you wish to proceed;

Part 2 – Notes for guidance for completing the application forms at 3 and 4;

Part 3 – For you to complete giving your personal details, including details of your general practitioner (GP). We do not normally process applications to the clinic unless all these details are completed and

Part 4 – For you to complete - the application form.

If you decide to complete the application, we ask you to fully complete parts 3 and 4. We will acknowledge your application and plan to contact you, usually within two weeks, to indicate the arrangements we are making for a consultation if that seems to be the next step. If it does not, we will contact you. As the notes in part 2 explain, incomplete application forms cause delay which we would prefer to avoid. We advise you to read the notes for guidance (part 2) before completing the personal details form and the application form. The notes under each heading of the application form are to help you complete the form and encourage you to be as honest and open as possible in completing the form.

We realise that completing these forms can be a difficult task, but it is an important one for you. We consider your application carefully to help us decide how to proceed. Applications are returned by:

Post to: The SAP Clinic, 1 Daleham Gardens, London NW3 5BY

E-mail to: clinic@thesap.org.uk.

If you choose to return the two parts (3 and 4) of the application forms by e-mail, please see our advice on password-protection at the end of our notes for guidance in part 2.

9. Any questions?

Telephone the clinic administrator on: 020 7435 7696 or email to: the clinic@thesap.org.uk

10. Alternatively...

You may wish to consult the SAP website to access details of qualified members of the SAP who may be directly approached for private treatment.

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PART 2 - NOTES FOR GUIDANCE ON APPLYING AND THE PROCESS

1. These notes are intended to help you complete parts 3 and 4 of your application to The SAP Clinic. It will help you – and avoid unnecessary delay – if you complete all of the parts of forms 3 and 4 as requested.
2. Part 3 is for your personal details. This contains your personal data and information about your circumstances. This is detached from your application on receipt by the clinic to protect confidentiality. You will see we ask for the details of your GP. This is important. The clinic will not normally offer consultation if this information is not given to us. We do not routinely contact your GP and would normally only do so in discussion with you. We also ask about your financial position and what you can afford for therapy or analysis. This will help us gauge the appropriate – and affordable – treatment option for you.
3. Part 4 is the application form itself. Each question has notes to indicate the information needed. We know it is a difficult task to complete such a form, but we ask you to complete this as fully as possible; this gives us the picture we need to determine how best to proceed.
4. What happens next When your part 3 and part 4 forms are received they are reviewed by the clinic team. If necessary we may call you to check details, to establish a clearer picture, or to talk with you about alternative sources of help. Not all applications lead to the consultation process described in 5, below. We would not invite you to attend for consultation unless we considered that our process would assist you.
5. Our consultations are usually held over two meetings. The consultant who you meet will not be the therapist or analyst who sees you for treatment. Following the consultation – during which options for treatment are discussed with you – the consultant makes a recommendation to the clinic and the clinic then contacts you with details of how we will proceed.
6. Timing can vary according to the availability of consultants and of their colleagues who may be involved in your treatment. We aim to keep you informed and to make suitable arrangements for you as soon as we can. This does take time and some waiting whilst arrangements are made. Additional delay will be avoided by you ensuring that your forms give all the information requested and are completed as fully as possible. Consultations are mostly arranged within 4 to 6 weeks from receipt of all required information.
7. Confidentiality is important to us and we take care to protect your information and observe all data protection law. Your information is treated in confidence by the clinic. The only

occasion in which we may contact other professionals is if we consider that you, or others, to be at risk. If this is the case, we would normally discuss with you the need for making such contact before any information is shared or disclosed.

8. Possible options for treatment with the SAP are set out in part 1 of these papers. Briefly, the SAP offers psychotherapy – at a frequency of one to two sessions a week – and psychological analysis conducted four-times-weekly. We are able to offer reduced cost treatment as we have a limited number of opportunities for treatment through our reduced fee scheme. Within this scheme treatment is conducted by therapists in training with the SAP who work under the supervision of our analysts. To access this reduced fee assistance, we seek your commitment to continue in treatment for a period which will be discussed with you once the most suitable form of treatment has been identified during the consultation. Part 1 of these papers indicates the commitment expected.

9. Fees The consultations are currently £150 for those employed and £90 for those on benefits and students. See part 1 for further details of the reduced fee scheme.

10. Returning Parts 3 and 4 by email may be the option you chose to send these completed forms back to us. If you use this method, we would advise you to do so in a password-protected form. This would mean you would need to send us, by separate email, the password so we can open your application. Notes on how to password-protect are attached.

11. Any questions? We hope that these notes have answered questions about the application process and other issues. If you have other questions then do contact us:

By e-mail: clinic@thesap.org.uk

By telephone: call the Clinic Administrator on 020 7435 7696

Letter: The SAP Clinic, Society of Analytical Psychology,
1 Daleham Gardens, London NW3 5BY