

## Where does it take place?

Each therapist working with the Low Cost Service will work from his or her own consulting rooms; most of these are in the east Kent area, although some of the therapists working with the service have rooms in west Kent and also in London.

We will do our best to find a psychotherapist within reasonable access for you, whether that is close to your home or your work.

Session times will be arranged between you and your therapist, and will either be during the day or in the early evening.

## What happens if I need to complain?

All therapists working with the Low Cost Service are bound by the Code of Ethics of CCOPPP; more information on this can be found via the CCOPPP website. They are also bound by the regulatory standards of the UKCP.

If you feel you have a reason to make a complaint, and cannot discuss this with your therapist in the first instance, you should contact the Chair of CCOPPP.

## How can I contact the Low Cost Service?

To get in touch, please:  
call the service on **01227 788078**  
email us at **info@ccoppp-lowcost.org**

## Useful links:

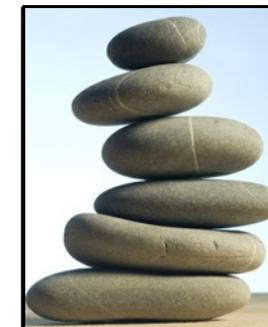
CCOPPP: [www.ccoppp.org](http://www.ccoppp.org)

UKCP: [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

NHS Mental Health  
<http://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

MIND - UK mental health charity:  
<http://www.mind.org.uk/>

**CCOPPP**  
Canterbury Consortium Of Psychoanalytic  
& Psychodynamic Psychotherapists



## The CCOPPP Low Cost Psychotherapy Service

The CCOPPP Low Cost Psychotherapy Service offers affordable and accessible medium to longer term psychoanalytic psychotherapy for members of the public who are unable to receive psychotherapy on the NHS, and who cannot afford to pay the full rate for private psychotherapy.

The service operates under the direction of the Canterbury Consortium of Psychoanalytic and Psychodynamic Psychotherapists (CCOPPP), and most clients will be seen in the Canterbury or East Kent region, although therapists working with the service may be able to see clients outside of that area.

## **How does the service work?**

If you feel that psychoanalytic psychotherapy could help you, but you cannot access this through the NHS and cannot afford to pay the full rate for private therapy, then you should contact the Low Cost Service using the contact details below.

We will then arrange for you to come to an assessment session, where we can work together to decide whether psychoanalytic psychotherapy is the best form of therapy for you; we may decide for example that other types of therapy may be more suitable for the challenges you are dealing with. In this case, we would offer advice as to where you might find the therapy most relevant for your needs.

If the assessment finds that psychoanalytic psychotherapy is the most suitable course of treatment for you, we will try to put you in touch with a psychotherapist working with the Low Cost Service. We will attempt to find a psychotherapist close to where you live or work, and will discuss this with you during the assessment.

Psychoanalytic psychotherapy is a process which requires a reasonable time commitment for it to be effective; we would therefore normally suggest a commitment to a minimum of one year's therapy; you and your therapist may in fact work together for considerably longer than that, and that is something you would agree between yourselves as you work together.

Similarly, the ending of the treatment is something that you and your therapist will decide on jointly, once you feel that sufficient progress has been made in dealing with the issues which brought you to therapy in the first place.

## **What is psychoanalytic psychotherapy?**

Psychoanalytic psychotherapy is a 'talking therapy'. Particular attention is paid to helping a client to find a more creative relationship between conscious and unconscious processes and to discover his or her own personal truths.

Psychoanalytic theory explores the connection between events in early life (which may be unconscious) and current disturbance and distress. The therapy offers a reliable setting for the exploration of past and present fantasies, feelings, dreams and memories.

Particular attention is given to the developing relationship with the therapist, as it is through this that the patient is able to re-experience relationships from his or her early life and explore new ways of relating, freer of the characteristics that previously caused distress. Through this relationship, the patient may achieve a new and better resolution of long-standing conflicts and overcome barriers to change and growth.

## **Who provides the service?**

All the therapists working in the Low Cost Service are professional members of CCOPPP or experienced practitioners in the later stages of working towards professional membership, and they adhere to CCOPPP's regulations and Code of Ethics.

CCOPPP itself is a member of the United Kingdom Council for Psychotherapy (UKCP), a nationwide body for the self-regulation of professional psychotherapists. For more details on both these organisations and the work they do, please see the links at the end of this leaflet.

## **What will it cost me?**

Psychotherapy sessions will usually be once a week (though this will of course be decided by you and your therapist at the start) and last 50 minutes. As discussed earlier, we would normally ask you to commit to at least one year of therapy.

The cost of each session will usually be between £15 and £30, but it is important to know that the actual cost you pay will be agreed between you and your therapist, and will take your circumstances and ability to pay into account. The service exists to offer access to psychotherapy to people who otherwise could not afford it, and we will always look carefully at each situation on its merits.