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Claremont Psychotherapy Service is currently open for self referrals. We are a low cost, long term therapy service, and are operating with a short waiting list.

[Please read below for further information.](#)

Please first ensure you are eligible for the service:

- You must be an Islington resident to use our service and be registered with an Islington G.P
- You must not have any relatives or partners currently using the service
- You must not be a returning client
- Claremont Psychotherapy Service is a training placement for student therapists and therefore we only accept clients with mild to moderate issues, not in need of a crisis service or at high risk. This is assessed for in our initial phone call and thereafter at an initial assessment.

Claremont Psychotherapy Service offers low cost psychotherapy and counselling to adult residents of Islington,

aged 18+. It is also a training placement for student therapists therefore clients will be seen by therapists in training.

This service is not for people who are at high risk of imminent, significant harm towards themselves (suicide, for example) or towards others, those with complex mental health issues (sometimes including trauma) but we can, however, help with signposting to the right people. The service is for a range of issues. For some, it is about tackling a specific issue including: relationships, depression, meaninglessness, bereavement, body image, self-esteem, stress, substance use, panic attacks, sexuality and isolation. For others it is more a process of personal exploration and developing greater self-awareness. We hold an initial assessment to ensure we are a suitable service.

What type of psychotherapy is it?

Claremont's service is broadly existential-phenomenological in its approach. Existential-phenomenological therapy is about exploring the ways we have chosen to be. It focuses on contextual issues and is about putting into words the feelings we have about our life, and discovering the options we have before us, even when choices may seem to be few or non-existent. It is about facing up to our situations and understanding that sometimes we choose to be deeply unhappy rather than face personal change. Generally, we have found that people who benefit most from this type of approach are prepared to question themselves and be questioned.

How much does it cost?

The service is designed as a low-cost service. We will discuss and agree a fee with clients 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, by bank card.

Who are the therapists?

Therapists are carefully vetted by the 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).

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 accessible by lift. The building is very close to Angel tube station and is well served by bus routes. Unfortunately there is no private parking available.

When are the therapy sessions?

Generally, clients meet with the therapist once a week for 50 minutes at an agreed, regular time and day for a maximum of one year (48 sessions) Sessions can take place between 9am and 8pm but are subject to availability.

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.

Getting in touch

When clients contact us, we will arrange an initial meeting to talk about your presenting issues and 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 the client, a first session with a therapist will be arranged.

**Please call the Clinical Service Manager, Rebecca for a brief initial phone consultation on
02076898091 or email at rebecca@claremont-project.org**