



PROVIDING
PSYCHOTHERAPY
IN LONDON

LIST OF FREE AND LOW-COST LONDON-WIDE PSYCHODYNAMIC AND PSYCHOANALYTIC THERAPY SERVICES

- **The Arbours Association**
Internationally renowned registered charity with 50 years' experience providing psychotherapeutic support. It offers low fee psychoanalytic psychotherapy in North & South London, £10 - £25 per session, twice weekly. All therapists are registered with UKCP and can be searched via online search engine
Tel: 07934789692
Email: info@arboursassociation.org
Online referral form Website: <https://www.arboursassociation.org/psychotherapy/low-fee-therapy/>
- **The Blues Project** as part of *The Bowlby Centre* (attachment-based psychotherapy)
For people on low income who can commit to twice a week therapy for at least 2 years. Assessment £35, ongoing sessions £10, twice weekly.
Address: 147 Commercial St, London E1 6BJ
Tel: 07825 128267 (referrals) and 020 7 700 5070 for info
Email: admin@thebowlbycentre.org.uk
Website: <https://thebowlbycentre.org.uk/psychotherapy/the-blues-project/>
- **The Brandon Centre**
Free psychotherapy for young people in the boroughs of Islington (14-21) and Camden (12-24 yr olds) with free weekly sessions for up to one year. Also offers Cognitive Behavioural Therapy (CBT), dynamic interpersonal therapy (DIT), and interpersonal therapy (IPT)
Address: 26 Prince of Wales Road, NW5 3LG (Camden clients are seen there, Islington residents are seen at **Drum Clinic** EC1Y, **Platform N7** and **Lift Clinic N1**)
Tel: 020 7267 4792
Email: counselling@brandoncentre.org.uk
Website: <https://brandon-centre.org.uk/refer-now>
- **British Psychoanalytical Society and the Institute of Psychoanalysis**
Offers low fee psychoanalysis to those recommended following a consultation. This means 5x weekly sessions for a minimum of 2 years. Initial consultation meetings are £30. Analytic sessions on sliding scale, minimum £5.
Address: London Clinic of Psychoanalysis, Byron House, 112a Shirland Road, London W8 2BT
Tel: 020 7563 5002
Email: clinic@lopa.org.uk
Website: <https://psychoanalysis.org.uk/node/832>
- **British Psychotherapy Foundation**
The British Psychotherapy Foundation offers a range of reduced fee schemes for those on low incomes prepared to attend intensive (3x weekly) psychotherapy, psychoanalysis or Jungian analysis for at least two years. The treatment is provided by experienced trainees who are undertaking an advanced training in psychotherapy or analysis. Fee ranges from £10 to £25 per session.
Address: 37 Mapesbury Road, London, NW2 4HJ
Tel: Phone: 0208 438 2415 Wednesday afternoon only or by email Monday to Thursday
Email: clinicalservices@bpf-psychotherapy.org.uk
Website: <http://www.britishpsychotherapyfoundation.org.uk/therapy/low-fee-intensive-therapy>
- **Fairbridge Clinic** as part of the *The Association for Group and Individual Psychotherapy*
Offers twice weekly psychotherapy to those on low incomes with fees ranging from £8 to £25 per session. Initial assessment costs £35. Twice weekly therapy (sometimes weekly available) for minimum of 2 years. Appointments usually at the clinic in Archway.
Address: 1 Fairbridge Road, Archway, London N19 3EW
Tel: 020 7272 7013
Email: info@agip.org.uk
Website: <https://www.agip.org.uk/psychotherapy/psychotherapy-services>

- **Foundation for Psychotherapy and Counselling**

You can search the directory of nearly 500 psychotherapists and counsellors at www.thefpc.org.uk . Many of them have an affordable fee policy and this information will be found when searching the directory. You can contact clinicians directly using their contact details on the directory.

Email: admin@thefpc.org.uk

Website: <https://www.thefpc.org.uk/>

- **Guild of Psychotherapists**

Referral service for private psychoanalytic psychotherapy, across London and surrounds. Reduced fee clinic for people on low income living in Southwark, Lambeth and Lewisham. £25 consultation, sliding scale fees, min £5 per session, negotiated with therapist. Weekly/twice weekly up to 2 years.

Address: 47 Nelson Square, Blackfriars Road, London SE1 0QA

Tel: 020 7401 3260

Email: clinic@guildofpsychotherapists.org.uk

Website: <https://guildofpsychotherapists.org.uk/psychotherapy/reduced-fee-clinic/#.YqmqiXbMJD8>

- **Highgate Counselling Centre**

Individual counselling, either on a short-term (up to 12 sessions) or long-term basis (up to two years), involves meeting with a counsellor on a weekly basis over a period of time which is determined by the nature of the problem. A contribution fee of £60 is payable towards the cost of the initial consultation. For on-going counselling, they ask that clients make a financial contribution to cover the costs of each scheduled session. The exact amount will be agreed between you and your counsellor at the beginning of your counselling.

Address: 58a Highgate High Street, N6 5HX

Tel: 020 8883 5427

Email: admin@highgatecounselling.org.uk

Website: <http://highgatecounselling.org.uk/>

- **Inner City Centre**

A group of around 50 psychoanalytic psychotherapists providing therapy in the City and throughout London. Sliding scale of fees according to income – from £15 per session. Sessions once or twice weekly. Open-ended and brief therapy.

Address: City-based, London wide.

Tel: 020 7247 1589

Email: referrals@icclondon.org.uk

Website: <https://www.icclondon.org.uk/about-the-inner-city-centre/clinical-services-referrals/>

- **Kyle Clinic as part of the Westminster Pastoral Foundation**

The clinic offers subsidised places for long-term psychodynamic psychotherapy at £25, £15 and £5, for people earning less than £20k, £15k or £10k respectively.

Address: WPF Therapy, 23 Magdalen Street, London, SE1

Tel: 020 7378 2000 (ask for an initial consultation with the Kyle clinic)

Email: reception@wpf.org.uk

Website: <https://wpf.org.uk/wpf-therapy-open-kyle-low-cost-therapy-clinic/>

- **Maya Centre (for women only)**

Free psychodynamic psychotherapy for 24 sessions for women who meet their criteria: women over 18 in Islington with mental health issues stemming from trauma including domestic violence, physical or sexual abuse, war and conflict. Some places also available for women in London boroughs of Enfield, Barnet, Haringey and Hackney. All counsellors are women and can offer help in some languages other than English.

Tel: 020 7281 8970

Email: admin@mayacentre.org.uk

Website: <https://www.mayacentre.org.uk/self-agency-referral/>

- **Manor House Centre for Psychotherapy and Counselling**

Training institute that offers low cost open-ended psychodynamic counselling with counsellors who are senior trainees or experienced graduates. Appts in Finchley or Barnet area. Assessment £45 (if employed) or £15 (unemployed), ongoing sessions from £15 according to income.

Address: 80 East End Road, Finchley, N2 2SY

Tel: 020 8371 0180 or 07487 642 380

Email: crs@manorhousecentre.org.uk

Website: <https://www.manorhousecentre.org.uk/counselling-service/initial-assessment/>

- **Wandsworth Association of Psychotherapists**

Offer a variety of styles of psychotherapy and counselling by practitioners trained and qualified in these fields: integrative, psychodynamic, humanistic, psychoanalytic, and CBT. The low-cost centre is two-tier and offers open ended low-cost counselling and also offers counselling for a limited period (not more than six months) at a very low cost. Catchment area is not restricted to Wandsworth.

Address: 239a Balham High Road, London, SW17 7BE

Tel: 020 8767 2828

Email: info@wandsworthap.co.uk

Website: <http://www.wandsworthap.co.uk/low-cost-counselling.htm>

- **Waterloo Community Counselling**

Have a low-cost service where they assess people and then offer weekly counselling. For those unemployed or receiving benefits fees for assessment start at £30 and counselling sessions start at £15. For more info on fees and other aspects of the service see their faq here: <https://waterloocc.co.uk/faq-wcc/>

To refer yourself fill in this online form: <https://waterloocc.co.uk/low-cost-counselling/>



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