



**Private assessment, treatment or therapy for under 18s**

This leaflet provides information about how to arrange non-NHS, private assessment, treatment or therapy for yourself, a relative or a friend, if you wish to do this.

We hope that you will understand that MindMate.org.uk is unable to make personal recommendations. We are therefore giving you a list of professional bodies and agencies which you can contact for information and / or a list of accredited practitioners. Many of these organisations will either allow you to locate a therapist online, or will send you a list of practitioners / therapists locally, specifying what types of problems they are able to help with.

If you have been referred for an intervention through the Mindmate Spa and have started seeing a private practitioner / therapist before you are seen, it is important to discuss this at your initial assessment. This is important for good care co-ordination.

## Things to think about when looking for a practitioner/ therapist

- Make sure you know the qualifications and professional background of anyone who might work with you as a practitioner / therapist. Check with the professional body that they are a member and whether or not they are accredited or registered as required. Is the person affiliated with a professional body or fully accredited? Anyone can be affiliated, but only a qualified practitioner / therapist will be accredited or fully registered.
- The practitioner should tell you about any conflict of interest, you can ask this at your initial meeting.
- Telephone more than one practitioner / therapist.
- Ask for an assessment to see whether you fit with the practitioner or their style of treatment / therapy, before making a commitment.
- Ask about frequency of sessions, cost, length of treatment etc., and what you can expect to achieve.
- It might be helpful to find out about the different range of interventions / therapies on offer, and what the evidence base is for the problem you want help with (see section below).



- Does (or might) the problem you wish to address require you to have help from a wider range of professionals? In such cases, a referral to an NHS CAMHS team with a range of professionals may be more appropriate.

## Information to guide you through different approaches

Information and a range of leaflets about mental health and its treatment can be found at:

- [www.youngminds.org.uk](http://www.youngminds.org.uk) or telephone helpline 0808 802 5544
- [www.choosing.org.uk](http://www.choosing.org.uk)

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## Agencies and professional bodies:

### Psychological therapies:

Association of Child Psychotherapists (ACP) <http://www.childpsychotherapy.org.uk>

Association for Cognitive Analytic Therapy (ACAT) [www.acat.me.uk](http://www.acat.me.uk)

British Association for Behavioural and Cognitive Psychotherapies (BABCP)  
[www.babcp.com](http://www.babcp.com)

British Association for Counselling and Psychotherapy (BACP) [www.bacp.co.uk](http://www.bacp.co.uk)

British Association of Psychotherapists (BAP)  
[www.britishpsychotherapyfoundation.org.uk](http://www.britishpsychotherapyfoundation.org.uk)

British Psychoanalytic Council [www.bcp.org.uk](http://www.bcp.org.uk)

British Psychological Society [www.bps.org.uk](http://www.bps.org.uk)

The Association for Family Therapy (AFT) [www.aft.org.uk](http://www.aft.org.uk)

UK Council for Psychotherapy (UKCP) [www.ukcp.org.uk](http://www.ukcp.org.uk)

The British Association of Dramatherapists (BADth) [www.badth.org.uk](http://www.badth.org.uk)

The British Association of Art Therapists (BAAT) [www.baart.org](http://www.baart.org)

### Psychiatry

The Royal College of Psychiatrists (RCPsych) [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

General Medical Council (GMC) [www.gmc-uk.org](http://www.gmc-uk.org)

### Dieticians

The British Dietetic Association [www.bda.uk.com](http://www.bda.uk.com)

### NHS

Leeds Community Healthcare NHS Trust [www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)

