

Therapy Services FAQs

How long will it take to see an Anxiety UK Approved Therapist?

Once you have made payment for your initial therapy sessions any required approvals have been received the therapist will be allocated your referral and they will contact to make an appointment for your initial consultation within 2 weeks.

How much does therapy cost?

Your therapy fees are means tested based on your **total** household income as below –

Tier	Income bracket	Fee
1	Under £10,000	£15
2	£10,000-£24,999	£25
3	£25,000-£49,999	£35
4	£50,000 and above	£50

You will pay to Anxiety UK the fees for 2 sessions for clinical hypnotherapy and 3 sessions for CBT or counselling. The fees for all other sessions are paid direct to your therapist. These fees cover your first, second and last session of therapy (first and last for hypnotherapy) and all other sessions are paid direct to your therapist.

Will you contact my GP?

We may have to if you disclose any information on your referral form that requires us to seek your GP's approval to refer you to an Anxiety UK Approved Therapist or any other medical professional involved in your care but we will contact you first to seek your permission to contact them. Your therapist would also advise you if at any time they felt they needed to contact your GP for advice on the right treatment for you.

Can you or your therapists advise me on my medication?

No, the staff at Anxiety UK and our Anxiety UK Approved Therapists are not medically qualified to give pharmaceutical advice or prescribe medication.

Will the therapist visit me at home?

Home visits are only available in exceptional circumstances and will always be subject to a therapist being available to undertake such a request in your area. All home visits will be a minimum of Tier 2 and also subject to a surcharge paid direct to the therapist for all sessions of 45p/mile for travel costs.

Who can I speak to if I'm unhappy with my therapist?

You can make a comment, compliment or complaint at any time during your therapy about your experience of accessing the therapy service by contacting the Therapy Services Coordinator on 0161 226 7727.

How many sessions of therapy should I have?

The number of sessions of therapy that you have will depend on your particular condition and the complexity of your condition. However as a indicative guide, if you are having Clinical Hypnotherapy you can expect to have between 4-6 weekly sessions. If you are having CBT or Counselling you can expect to have between 6-15 sessions.

Gaps in therapy

If Anxiety UK is advised that there is for any reason a gap in your therapy of more than four weeks not agreed in advance with your therapist the referral will be treated as closed (unless there are exceptional circumstances).

If you wish to re-access therapy at a later stage –

- Anxiety UK cannot guarantee that we will be able to place you back in the care of your original therapist.
- The referral will be treated as a new 'episode' of care and as such the first, second and last sessions will need to be paid to Anxiety UK.

Accessing two therapies at the same time

In line with current best practice it is not advisable to pursue more than one therapy at a time. This makes sense because different therapies are based on different models and can use techniques that have opposing effects on underlying psychological mechanisms, This could cause confusion and dilution of effect, if someone gets better or worse it is then hard to know which treatment was responsible.

To access Anxiety UK's therapy services you must:

- Have an active membership subscription/be a paid-up member of Anxiety UK
- Be requiring support with anxiety, stress or anxiety-based depression
- Be "ready, willing & able" to fully engage with talking therapy including being able to commit to attending regular appointments

Anxiety UK's therapy services are not/may not be suitable if:

- You have an alcohol/drug issue that is at a level which is highly likely to interfere with your ability to engage fully with therapy
- You have a diagnosis of another more complex mental health condition such as psychosis or an emerging personality disorder or personality disorder (including borderline personality disorder). Please note: having such mental health issues does not however always result in you being unable to access our therapy services. In such circumstances we routinely contact other relevant professionals involved in your care to obtain their opinion as to whether our therapy services are suitable. Please note: hypnotherapy is less likely to be suitable in such circumstances.
- You have strong thoughts of suicide and we believe you may be at risk. In such circumstances we routinely contact your GP and/or other relevant health professional to ensure it is safe and appropriate for you to access our therapy services.
- If you are under 16. We will always need to contact your GP and your parent(s)/guardian before being able to offer access to our therapy services

CBT Therapy

CBT involves looking at your problems, examining thought and behaviour patterns, and working out ways of changing negative behaviours/thoughts. The average number of CBT sessions Anxiety UK members can access is usually between 6-15 sessions, with each session lasting approx. 50-60 minutes. Therapists often set their clients "homework" to do in between the sessions which may include carrying out activities such as monitoring their thoughts and feelings throughout the week and entering these into a thought diary. CBT can also be delivered very successfully via telephone or webcam.

Counselling

Like CBT therapy, Counselling sessions often last for an average of between 6-15 sessions. However, this is dependent upon the individual and sometimes the therapist will recommended extending sessions beyond 15. Each session will usually last around 50 –60 minutes and will typically be held on a weekly basis. Counselling will give you a space to explore your feelings, without being judged. It can be surprisingly powerful - often life happens faster than we can process it, and counselling gives us the space to do this.

Clinical hypnotherapy

Clinical hypnotherapy is the use of hypnosis for the treatment and alleviation of a variety of physical and psychological symptoms. Hypnosis allows the subject to experience often quite deep levels of relaxation and so helps to reduce levels of stress and anxiety. It is often used alongside classical behavioural therapies such as 'systematic desensitisation'. Two important elements of this therapy are the ability to clearly imagine something that makes you feel anxious and then to attain a deeply relaxed state. Hypnosis helps to achieve both of these more easily and quickly than many other forms of treatment.