

This is a list of non-NHS, low cost, psychotherapy organisations in London which are all providing good quality therapy from trained staff.

Some may have closed waiting lists as demand has risen.

As our waiting lists locally for individual psychotherapy are very high (>6 months as of 1.11.20) people may choose to use other provision. We still offer self-referral to our open-access SUN therapy groups running in Hackney which do not have waiting lists.

Low Cost Psychotherapy outside NHS

APEL

<https://apel.org.uk/>

APEL is a local organisation and has a provision for low-cost psychodynamic therapy. I understand their low-cost quota is currently full but imagine they'll have new vacancies again

Association of Group and Individual Psychotherapy – Fairbridge Clinic

<http://www.agip.org.uk/clinic>

020 7272 7013

Trainees and graduates offering low cost psychoanalytic psychotherapy (fees £8 – £25). You will normally be expected to attend the Clinic twice weekly for a minimum of two years.

Area: N19, North London

British Psychoanalytic Association (BPA)

<http://www.psychoanalysis-bpa.org>

- Affiliated with BPF International Psychoanalytic Association, fees from £2 per session, 4-5 a week

The British Psychotherapy Foundation (BPF)

<http://www.britishpsychotherapyfoundation.org.uk/Find-a-Therapist>

- Psychotherapy, Psychoanalysis or Jungian Analysis at reduced fees, 2, 3 or 4 times a week for a minimum of two years
- Two face to face assessment consultations with an experienced senior psychotherapist at a cost of £60, followed by sessions with fees from £5 a sessions

CPU (Camden Psychotherapy Unit) provides free/low-fee therapy across London

<https://www.cpu-london.com/>

Centre for Better Health Hackney

<http://www.centreforbetterhealth.org.uk/what-we-offer>

- Individual and group therapy, low cost.

The Gestalt Centre

<http://gestaltcentre.co.uk/counselling-and-psychotherapy/>

Trainees offering reduced fee Gestalt psychotherapy in central London

The Guild of Psychotherapists

<http://guildofpsychotherapists.org.uk/psychotherapy/reduced-fee-clinic/>

020 7401 3260

Trainees and graduates offering reduced fee analytic psychotherapy (1-2 times/week). Low fee clinic available to residents of Lambeth, Lewisham and Southwark at minimum fee of £5

WLM Highbury Counselling Centre Highbury

020 7704 0444

- Trainees and graduates on placement offering very low cost individual and group counselling/psychotherapy, charges based on contribution

Inner City Centre, Liverpool St

www.icclondon.org.uk

02072471589

- Psychotherapy and counselling mostly with qualified psychotherapists, sliding scale available

Institute for Arts in Therapy and Education

020 7704 2534

<http://www.artspsychotherapy.org>

Trainees and graduates offering low cost and full fee integrative arts psychotherapy.

Institute of Group Analysis

www.igalondon.org.uk

0845 260 1780 or 020 7431 4431

Network offering group psychotherapy. Some therapists offer reduced fee spaces by negotiation.

Area: Across UK.

London Clinic of Psychoanalysis (Institute of Psychoanalysis)

<http://www.psychoanalysis.org.uk>

0207 563 5002

- Low cost psychoanalysis with mature trainees 4-5 times a week, fees from £5 per session

The Maya Centre — Counselling for Women

<https://www.mayacentre.org.uk>

The **Maya Centre** works in **Islington** and the surrounding boroughs, with women who find it difficult to access the kind of **long-term** counselling and support they need. They may be homeless, fleeing a violent partner or at risk of neglecting or harming their children.

Accepts referrals from Islington, Camden, Haringey and Hackney. Self-referrals only. No fee.

Metanoia

www.metanoia.ac.uk

020 8579 2505

Trainees and graduates offering low cost and full fee counselling/psychotherapy. Minimum fee of £5 per session.

Area: Based in W. London

Philadelphia Association – Psychotherapy Referral Service

Psychotherapy is not only for the privileged few. At the Philadelphia Association, we aim to provide a friendly and informal community service which enables therapy of high quality to be accessible and affordable to all.

Refugee Therapy Centre

<http://www.refugeetherapy.org.uk>

0207 272 7498

Trainees offering very low cost psychoanalytic psychotherapy. 2-3 times weekly committment. Inter-cultural service.

Area: Centre is based in North London

Society of Analytical Psychology

<http://www.thesap.org.uk>

020 7435 7696

Jungian psychotherapy – recommended minimum £15 per session

Area: based in London; analysts and psychotherapists across the UK

Tavistock Relationships

<http://www.tavistockrelationships.ac.uk>

0800 652 2342

- Counselling and psychotherapy for couples and individuals with relationships difficulties, including psychosexual problems, means tested
- A free service for parents ‘Parents as partners’ – a 12 week group for couples who need support with their parenting

WPF Therapy

<http://www.wpf.org.uk>

020 7361 4800

- Trainees offering psychodynamic counselling, psychotherapy and group therapy available at subsidised fees
- Therapy with fully qualified professionals also available at subsidised fees.

Women’s Therapy Centre

<http://womenstherapycentre.co.uk>

- Low-fee treatment for women from trainees and fully qualified psychotherapists.

CBT outside NHS

BABCP (British Association for Behavioural and Cognitive Psychotherapies)

<http://www.babcp.com>

Therapy for patients with sexual and/or relationship problems outside NHS

College of Sexual and Relationship Therapists (COSRT)

<https://www.cosrt.org.uk>

- Full and low cost options