

Extract from the 2005 Edition of the Southwark Mind Services Directory

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Visit the fully searchable online version of this directory at
<http://www.southwarkmind.org.uk/searchframe.html>
where you can search by Category, by Keyword and by Postcode

To add details of your project to our database for inclusion in any
future updates phone or email us and ask for a questionnaire form.

Compiled and produced by Alex Clark



CHAPTER 10: TALKING TREATMENTS

Talking treatments for people with mental health problems, though not quick and easy, have proved to be extremely effective. In the main people are encouraged to talk about their problems as a means to understanding them better. Because there is such a variety of disciplines available, finding the right model for you can be a bit of a lottery, but it is important to feel comfortable with your therapist as all talking treatments are based on trust.

Below are some brief descriptions of the main talking treatments:

Counselling tends to be more informal and short-term and focuses on specific problems. Several community-based counselling services follow. *Cognitive Therapy* emphasises the fact that how you think about things affects the way you feel. The aim is to help you recognise your negative thought patterns and develop more positive attitudes. This is a relatively short-term treatment currently gaining popularity in mental health circles. *Psychotherapy* is a more long-term approach. The emphasis is on exploring how your inner thoughts and feelings are affecting your current life, and often involves examining the past. Therapy can last from several months to a year or more.

Many practitioners offer a sliding scale of fees for people on benefits or low income, and some offer free sessions depending on individual circumstances. Many can also arrange counselling sessions outside of normal working hours.

Also see **Association of Therapeutic Communities** in [Professional Orgs.](#)

Association of Child Psychotherapists

Address1: 120 West Heath Rd

Town/City: London

Postcode: NW3 7TU

Phone: 0208 458 1609

Other Numbers: Fax: 0208 458 1482

Email: acp@dial.pipex.com

Website: <http://www.acp.uk.net>

Description: Professional organisation monitoring training standards of child psychotherapists. Can provide details of qualified child psychotherapists in your area, also details of workshops and seminars for relevant professionals.

Opening Hours: Office: Mon-Fri 10am-3pm

Travel: Sessions held at various locations

Referral: Phone for details

Criteria/Catchment: National organisation

Aylesbury Centre for Therapy

Address1: 1 Amelia Street

Address2: Walworth

Town/City: London

Postcode: SE17 3PY

Phone: 0207 703 8804

Email: act@lorrimore.org.uk

Website: <http://www.lorrimore.org.uk>

Description: Talking Therapies and Complementary Therapies for residents of the Aylesbury Estate in Walworth. This is a new service run by the Lorrimore Group for people who live or work on the estate. Phone for further details.

Additional Info: This project is run by the Lorrimore Group. See other Lorrimore entries

Travel: BR and Tube: Kennington, Elephant and Castle / Buses: 12, 35, 40, 45, 68, 148, 171, 176, 468

Referral: Self or any other source

Criteria/Catchment: Must live or work on the Aylesbury Estate

Cassel Centre

Address1: 4 Waldram Park Road

Address2: Forest Hill

Town/City: London

Postcode: SE23 2PN

Phone: 0208 291 3436

Other Numbers: Fax: 0208 291 2262

Email: casselcentre@hotmail.com

Description: Counselling and social work provision is available for individuals, couples and families dealing with a wide range of issues. Some free sessions for people on benefits, sliding scale of fees according to income and priority need. Phone for further details

Special Interest Activities: Parenting skills group, drama therapy group, various group counselling sessions, individual psychotherapy available by arrangement

Additional Info: Limited disabled access, phone for details

Opening Hours: Day and evening sessions available, phone for details

Travel: BR: Forest Hill / Buses: 122, 171, 176, 185, 312, 352, 932

Referral: Self or other agencies

Criteria/Catchment: Residents of Lewisham only

Black and Asian sessions/services

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Centre 70 Counselling Service

Address1: 46 Knights Hill

Address2: West Norwood

Town/City: London

Postcode: SE27 0JD

Phone: 0208 670 2775

Other Numbers: Fax: 0208 761 3255

Email: counselling@centre70cs.fsnet.co.uk

Description: Short (10-week) and longer-term (6 months) individual counselling sessions. Black and minority ethnic and female counsellors available by arrangement. Also occasional group work on stress and assertiveness. Phone for details.

Special Interest Activities: Specialise in providing culturally-sensitive counselling.

Additional Info: Note to disabled users: only one room is easily accessible, phone to make arrangements

Opening Hours: Mon-Fri 9am-5pm, Sat 12-2pm

Travel: BR: West Norwood / Buses: 2, 68, 196, 322, 468

Referral: Self or other agencies

Criteria/Catchment: Lambeth and surrounding areas

Black and Asian sessions/services

Women Only sessions/services

Disabled Access - ramps, wide doorways, disabled toilet

Centre for Stress Management

Address1: 156 Westcombe Hill
Address2: Blackheath
Town/City: London
Postcode: SE3 7DH

Phone: 0208 293 4334
Other Numbers: Fax: 0208 293 4114
Email: admin@managingstress.com
Website: <http://www.managingstress.com>

Description: Private counselling service offering stress, panic and anxiety counselling, cognitive behavioural therapy, relaxation and assertion workshops etc. Also training courses for professionals in stress management and related services.

Additional Info: Sliding scale of charges. Phone for details.

Opening Hours: Phone for appointment.

Travel: BR: Westcombe Park / DLR: Greenwich / Buses: 53, 54, 108, 186

Referral: Phone for details.

FWA (Family Welfare Association) Battersea Counselling Centre

Address1: 189 Battersea Park Rd
Town/City: London
Postcode: SW11 4LB

Phone: 0207 627 3761
Other Numbers: Fax: 0207 498 1114

Description: Counselling service for individuals and couples with relationship problems. Separation and divorce issues, sexual problems, family issues, post-natal depression etc

Special Interest Activities: Formerly London Marriage Guidance, now managed by Family Welfare Association

Additional Info: Limited disabled access, phone for details.

Opening Hours: Office: Mon 9am-9pm, Tues, Wed, Thur 9am-8pm, Fri Answerphone service only

Travel: BR: Battersea Park or Queenstown Road / Buses: 44, 137, 344

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Guild of Psychotherapists

Address1: 47 Nelson Square

Town/City: London

Postcode: SE1 0QA

Phone: 0207 401 3370

Other Numbers: Admin: 0207 401 3260 Fax: 0207 401 3472

Email: adminguild@btopenworld.com

Website: <http://www.guildofpsychotherapists.org.uk>

Description: Community based clinic offering short and long-term psychotherapy. Help with depression, anxiety, bereavement, loss, phobic and obsessional disorders, trauma counselling etc.

Additional Info: Daytime appointments only

Opening Hours: Office administrator: Wed-Fri 11am-5pm

Travel: Tube: Southwark / Buses: Any bus to south side of Blackfriars Bridge

Referral: Self or other agencies

Criteria/Catchment: Resident of Southwark, Lambeth or Lewisham, Low fee income restrictions - 16k pa or less

Lorrimore Counselling Service

Address1: 1 Amelia Street

Address2: Walworth

Town/City: London

Postcode: SE17 3PY

Phone: 0207 703 7806

Other Numbers: Admin: 0207 701 7798

Email: counselling@lorrimore.org.uk

Website: <http://www.lorrimore.org.uk>

Description: Low cost community based service offering individual counselling and group psychotherapy. Phone for further details.

Additional Info: Also see Lorrimore Drop-In, Lorrimore Network (Outreach), Lorrimore Housing (Accommodation), Lorrimore Home and Dry (Homekeeping) and the Aylesbury Centre for Therapy for residents of the Aylesbury Estate, Walworth

Opening Hours: Mon-Fri 8am-8pm and Saturday mornings

Travel: BR and Tube: Kennington, Elephant and Castle / Buses: 12, 35, 40, 45, 68, 148, 171, 176, 468

Referral: Self or any other source

Criteria/Catchment: For people living in Southwark, Lambeth and Lewisham only

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Relationship Counselling for London (Formerly London Marriage Guidance)

Address1: 76A New Cavendish St
Town/City: London
Postcode: W1G 9TE

Phone: Freephone: 0800 652 2342 or 0207 580 1087
Other Numbers: Fax: 0207 637 4546
Email: info@counselling4london.com
Website: <http://www.counselling4london.com>

Description: Head office of registered charity that provides counselling for individuals and couples with relationship problems. Separation and divorce issues, anger management, sexual relations, family issues, post-natal depression etc. Phone for details of local counselling services.

Special Interest Activities: Disabled access at their Swiss Cottage centre

Additional Info: Formerly London Marriage Guidance Trust, now managed by the Tavistock Group

Opening Hours: Phone line: 9am-9pm, sessions run 8:30am-8:30pm

Travel: Tube and Bus: Oxford Circus

Southwark Bereavement Care

Address1: 108 Brook Drive
Address2: Kennington
Town/City: London
Postcode: SE11 4TQ

Phone: 0207 735 1344
Other Numbers: Fax: same as phone
Email: info@southwarkbereavement.org.uk
Website: <http://www.southwarkbereavement.org.uk>

Description: Provide one to one counselling for anybody facing loss due to bereavement. Meetings held in offices or alternative community location by arrangement. It may also be possible to see people in their own homes if they are elderly or housebound. By appointment only.

Additional Info: Currently no disabled access to offices

Opening Hours: Enquiries Mon-Thurs 10am-5pm. Counselling by appointment only. Answerphone service out of office hours.

Travel: BR Elephant and Castle, Waterloo / Tube: Elephant, Lambeth North / Buses: 3, 159

Tavistock and Portman NHS Trust

Address1: 120 Belsize Lane
Town/City: London
Postcode: NW3 5BA

Phone: 0207 435 7111
Website: <http://www.tavi-port.org>

Description: NHS service offering individual and group therapy, family therapy, child and adolescent counselling services. Forensic therapy services for offenders/ex-offenders. Phone for details.

Opening Hours: Office: Mon-Fri 8am-10pm

Travel: Tube: Swiss Cottage or Finchley Road then walk

Referral: Usually GP's, some self referrals accepted

Criteria/Catchment: Dependent upon NHS service agreements. Phone for details.

Disabled Access - ramps, wide doorways, disabled toilet

Trauma Support Centre

Address1: Evro House
Address2: 20 Sylvan Way
Town/City: West Wickham
Postcode: BR4 9HB

Phone: 0208 462 5030
Other Numbers: Fax: 0208 462 5590
Email: eroman4976@aol.com

Description: Counselling and support services for people who have experienced a traumatic incident. Assessments, Post Traumatic Stress Disorder counselling, support groups, education and awareness training etc. Phone for further details.

Opening Hours: Mon-Fri 9am-5pm

Travel: BR: West Wickham

Referral: Self or any other source

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UK Council of Psychotherapy

Address1: 167/169 Great Portland St
Town/City: London
Postcode: W1W 5PF

Phone: 0207 436 3002
Other Numbers: Fax: 0207 436 3013
Email: ukcp@psychotherapy.org.uk
Website: <http://www.psychotherapy.org.uk>

Description: This project maintains a register of qualified professional psychotherapists. Contact lists of practitioners in your area available free of charge.

Opening Hours: Office: Mon-Fri 9am-5:30pm

Referral: Open access

Waterloo Community Counselling

Address1: Barley Mow Clinic, Greet House
Address2: Frazier Street, Waterloo
Town/City: London
Postcode: SE1 7BD

Phone: 0207 928 3462
Other Numbers: Fax: 0207 928 3464

Description: Community service providing individual counselling for Southwark, Lambeth and Lewisham residents. Self-referrals accepted, phone for further details.

Opening Hours: Phone on Tues and Thurs from 2:30-4:30pm to make an appointment

Travel: Tube: Waterloo or Lambeth North

Referral: Self or other agencies

Criteria/Catchment: Residents of Lambeth/Southwark/Lewisham

WPF Counselling and Psychotherapy

Address1: 23 Kensington Square

Town/City: London

Postcode: W8 5HN

Phone: 0207 361 4800

Other Numbers: Fax: 0207 361 4808

Email: counselling@wpf.org.uk

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

Description: Individual counselling and group therapy available on a sliding scale of fees. Reduced rates for people on benefits/low income.

Special Interest Activities: Young persons counselling project, specialist counselling for the disabled and people with a serious physical illness.

Opening Hours: Mon-Fri 8am-9pm

Travel: Tube: High St Kensington or Gloucester Rd

Referral: Self or any other source

Disabled Access - ramps, wide doorways, disabled toilet

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