

Fitzjohns Unit
The Tavistock and Portman NHS Foundation Trust
Adult Directorate

Catchment area: National

Project contact details:

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Project Opening times: 9a.m. – 5p.m.

Accessibility:

Physically accessible? Yes, with assistance

Language interpreter available? Yes can be arranged

BSL interpreter available? Yes can be arranged

Who does the organisation aim to provide a service for?

Individuals over 21

What does the project offer?

Therapy using a psychoanalytic psychotherapy model.

What kind of support or involvement activity is offered?

Both group therapy and one to one individual psychotherapy sessions are available and individuals will be offered whichever is most appropriate for them. Service users may be offered group sessions or one to one individual psychotherapy sessions. Individual sessions are once or twice a week or less frequently depending on individual needs. These sessions usually continue for two years after which people are often offered group therapy.

Who can and who can't access it i.e. inclusion/exclusion criteria?

Who can access?	Who's excluded?
Adults over 21	In general service does not tend to take heavy substance users Or people with a psychotic condition

Are there any barriers to new people joining?

Service access is subject to PCT funding agreement

How can people access it?

No self referrals – only referrals from mental health professional considered

How does the process start?

By formal referral

Are there any conditions to joining?

Individuals referred must sign a Consent to Treatment form

Are there any opportunities for service users to have an informal chat/meeting with someone before joining?

There is a PALS (Patient Advice and Liaison Service) officer who can meet with people.

What makes it different from mainstream mental health services?

The Fitzjohn Service is the only service that has a planned treatment programme of twice weekly individual psychotherapy from experienced therapist for two years with possibility of entry to a group afterwards.

What do people who use the service like about it?

They appreciate the individual consultation, the opportunity to understand their difficulties in the context of their lives and the length of treatment

What could I expect if I came along?

All patients have one or more consultations to think about the nature of their difficulties following this recommendation will be made. In the case when the recommendation is for treatment in the Fitzjohn's Unit, the patient will be put on a waiting list and when a vacancy comes up will start individual psychotherapy sessions.

Who runs the organisation/project?

The Tavistock and Portman NHS Foundation Trust

Service User and Carer Involvement

Service User Involvement

- Service users are involved in the project via the organisational PPI (Patient and Public Involvement) Group.
- All patients are actively encouraged to be involved in support/recovery planning as appropriate (depending on the particular circumstances).
- Patients will be encouraged to be involved in local/national user involvement activity.

Carer Involvement

- None