



## **The London Centre for Eating Disorders and Body Image**

UK leading experts in treatment for adults, children and adolescents

### **About Us**

The London Centre is a private treatment centre. We specialise in helping people who are experiencing eating difficulties, body image distress, and low mood or self-esteem. We have four clinic bases; Central London, Richmond Upon Thames, Manchester and Hertford. We also offer all treatment online for those who are unable to come into our clinics/prefer to work remotely. The team is made up of highly specialist health care professionals, including Clinical Psychologists, Counselling Psychologists, Psychotherapists, Dieticians, Integrative Therapists, Occupational Therapists and Family Therapists.

### **Who we see**

We see people with a range of eating disorders, including bulimia nervosa, binge-eating disorder and anorexia nervosa, as well as subclinical eating issues and food phobias. We also see people with body image preoccupation and distress, including body dysmorphic disorder, low self-esteem and low mood.

### **How to find us**

#### **Central London Clinic**

Our Central London clinic is based at Saki House, 97 Mortimer Street, London, W1W 7SU. We are approximately 4 minutes walk from Oxford Circus tube station and close to Bond Street, Tottenham Court Road, Warren Street and Green Park stations. If you have an appointment with us during the hours of 8.30am-5.30pm, please press the door buzzer labelled 'Reception' and you will be shown to the waiting room on the first floor. Your clinician will meet you there at your appointment time. For appointments outside of reception hours (8.30am-5.30pm) your clinician will give you entry instructions once your appointment time is confirmed.

#### **Richmond Clinic**

Our Richmond Upon Thames clinic is based within The Practice Rooms Richmond, 1 Union Court, Sheen Road, Richmond Upon Thames, TW9 1AA. We are approximately a 4 minute walk from Richmond station, which can be reached by train, bus or tube (District Line). There is no receptionist at The Practice Rooms, therefore please press the buzzer to your clinicians room (you will be given this information on booking) when you arrive and your

clinician will come and collect you at the start of your appointment. Please avoid arriving too early for your appointment so that we can meet you as soon as you arrive.

#### Manchester Clinic

Our Manchester clinic is based at the Manchester Royal Exchange, St Ann's Square, Manchester, M2 7DD. Your clinician will come and collect you at the start of your appointment. Please avoid arriving too early for your appointment so that we can meet you as soon as you arrive.

#### Hertford Clinic

Our Hertford clinic is based at 27a Fore Street, Hertford, Hertfordshire, SG14 1DJ. Your clinician will come and collect you at the start of your appointment. Please avoid arriving too early for your appointment so that we can meet you as soon as you arrive.

#### What treatments we offer

The London Centre is a psychology and dietetic led clinic, rather than a psychiatry / medical clinic. We therefore offer psychological and specialist dietetic treatment approaches and will refer outside of the clinic for psychiatry or medical input when this is necessary.

We will always offer an initial assessment appointment in order to develop a treatment plan that is suitable for the individual. All of our clinicians are highly experienced in treating eating and body image disorders and are trained in a number of different treatment approaches. We are therefore well placed to offer individually tailored specialist treatment fitting the needs of each client. Where a clients' difficulties are very complex, or someone has experienced multiple treatment experiences before, an initial assessment may be carried out over a few sessions to ensure that a full and detailed picture is obtained before starting treatment.

Treatment sessions are around 50 minutes long and are typically weekly appointments. We also offer dietetic and occupational therapy sessions. These are often, although not exclusively, offered in addition to psychology sessions.

If you would like more detailed information about the different treatment options we offer, please either visit our website or ask us for our information leaflet "What treatment is right for me?".

#### Prices

An initial assessment appointment is charged at between £200 - £300 depending on the clinician you see. Psychology treatment sessions are then charged at £150-£250 for regular follow up treatment.

For dietetic sessions the first assessment appointment is charged at £200-250 and then charged at £150-£190.

Our OT sessions are charged at £185 for Assessment and £135 for ongoing treatment. We are also able to offer lower cost appointments with a Trainee Clinical Psychologist starting at £90 for Assessment and £70 for regular follow up sessions.

**It is important to note that we do have a 24 hour cancellation policy on all booked appointments.** Any cancellations received within 24 hours remain fully charged.

We request payment for an initial assessment appointment in advance of your appointment, which you can either do over the phone using a debit or credit card, or via electronic transfer. For any further treatment sessions, and unless covered by private health insurance, we will invoice you monthly which is payable upon receipt, however, we offer a maximum 30 day period in order to receive payment.

All invoices and monthly statements will be sent to you via our client management system 'Cliniko' - [notifications@cliniko.com](mailto:notifications@cliniko.com) please do add this email address to your inbox contacts to ensure all communications are received promptly.

### **Private Health Insurance**

We are covered by most major private health insurance companies, although unfortunately we do not accept Bupa or AXA. If you have private health insurance you will need to contact your insurers directly in order to pre-authorise treatment with us.

Your insurers may require a GP referral or, in some instances, a psychiatric referral. If a psychiatric referral is required we will be able to give you the details of the specialist psychiatrists that we work with. Once an initial assessment has been authorised your insurers may require a report from us in order to authorise further treatment. We will send this directly to your insurance company as soon as possible following your assessment. All communication with your insurers, such as authorising further treatment sessions, should be done directly by you. Insurers are often reluctant to talk to us directly due to issues with confidentiality. However, we will always send a report to support any request for further sessions if required. How many sessions your insurance is likely to cover will depend on the type of policy you have. It may be worth checking this in advance.

### **Contact Details**

Please do not hesitate to contact us should you have any questions, or should you want to book an appointment:

☐ 020 3137 9927    ☐ [info@thelondoncentre.co.uk](mailto:info@thelondoncentre.co.uk)