

What happens if I do not wish to proceed with therapy after my initial consultation?

It is your choice whether you wish to proceed with therapy or not. We work collaboratively with our clients to ensure the most suitable support and therapy is offered. If you do not wish to pursue therapy with The Retreat Clinics, we will respect your wishes, there is no obligation to continue.

We may, at times, signpost you to alternative sources of support or therapy if we feel this to be more appropriate. This would not preclude you from using our services again in the future should you wish.

What if I need to rearrange or need to cancel the consultation?

Please ring or email our administration department as soon as possible – we are happy to assist.

Is the consultation confidential?

Yes, The Retreat Clinics is dedicated to maintaining a very high standard of confidentiality. Please refer to our website for more information on our privacy policy: <https://theretreatmanchester.co.uk/faqs/>

What will happen with my data?

The Retreat Clinics takes security and privacy of your data seriously. For more information, please visit our privacy page: <https://theretreatmanchester.co.uk/privacy/>

Got any further questions?

Please contact:

0161 445 2099

admin@theretreatmanchester.org.uk

www.theretreatmanchester.co.uk

 The Retreat Clinics



We're here
to fully
support you

Adult Psychological Therapy Service

Initial Consultation FAQs

 The Retreat Clinics

What happens to my self-referral form?

Once we receive your self-referral form, we will create a client record for you. We will then either email or phone you to arrange a convenient time for a 30 minute initial consultation call with one of our clinical leads.

Who will I be speaking to?

Depending on your requirements and what services you are looking for, you will speak to the most appropriate clinical lead at The Retreat Clinics. Our clinical leads specialise in adult psychological therapies or children and young people psychological therapies.

Our clinical leads have a great deal of expertise in their respective fields and a broad knowledge of the type of therapies we offer. You can find out more information about our clinicians via our website: www.theretreatmanchester.co.uk/meet-the-team.

How long will the initial consultation take?

The initial consultation telephone call usually lasts approximately 30 minutes. Prior to the call, the clinical lead will review your self-referral form to prevent you from having to repeat yourself.

Do I need to do anything before the initial consultation?

When you have confirmed a time and date for your call, we will send you a confirmation email with an attached Therapy Agreement form. Please read, sign and date this form and return to us via the email address on the back of this document.



Why do I need to have an initial consultation?

The initial triage consultation is an opportunity to identify the focus of your therapy, your hopes or goals for therapy, as well as discussing the type of therapy or therapeutic approach you would be most suited to.

As an independent psychological therapy service, we have a team of highly qualified clinicians who work in a number of therapeutic modalities such as psychoanalytic psychotherapy, psychodynamic psychotherapy, cognitive analytic therapy, cognitive behavioural therapy, integrative psychotherapy, play therapy, art psychotherapy, couples therapy, psychosexual psychotherapy, EMDR and more.

To find out more about the types of therapy we offer, please visit www.theretreatmanchester.co.uk

What should I expect during the initial consultation?

You will receive a phone call from one of The Retreat Clinics' clinical leads. The purpose of the call is to gather information about what you are currently struggling with and how therapy can help. It is an opportunity to discuss your expectations, what you would like to focus on in therapy and allows time to think collaboratively with the clinical lead about the therapy approach that will suit you best so that we can make a thoughtful allocation for you.

It may be that the clinical lead makes recommendations based on the information you discuss, to support you in accessing the right therapeutic approach.

You can ask any questions and share any concerns on this call.

What happens after the initial consultation?

After the initial consultation you will receive an email from us with an attached summary letter from your initial consultation. This will be encrypted for your privacy and confidentiality. If you have chosen to proceed with therapy, we would hope to have you allocated to the right clinician within 3-4 weeks.