

Self-help & educational materials

Members of OCTC and associates have written a range of CBT booklets and books that may be helpful to you and your family. The booklets are all short and easy to read and thousands are already being used.

Self-help Booklets include Anxiety, Social Anxiety, Health Anxiety, Panic, Depression, Relaxation, Obsessive Compulsive Disorder, Specific phobias, Self-esteem, PTSD, Eating disorders, Psychosis.

Educational Booklets: Anorexia Nervosa, Bulimia Nervosa,

OCTC staff have also written other self-help books from major publishers, including several in the Robinson 'Overcoming' series.

To view range of self help information and to purchase booklets or books, or for more information, visit our website or contact the Booklets Secretary at OCTC (see contact details at the back of this leaflet)

Clinic fees 2015

Assessment (usually 90 mins), routine treatment sessions (usually 60 mins) , or phone sessions (other than brief calls)	£100 per hour
Cancellation fee (if less than 24 hours notice)	50% of fee
Non-attendance without notice	100% of fee
Travel rates	£50 per hour + public transport rate or mileage rate at 45p per mile

OCTC clinic staff & clinicians

Joy McGuire, Consultant Cognitive Behaviour Psychotherapist, is lead clinician for the clinic

Mrs. Kim Morris-Smith is senior administrator

All of OCTC's clinicians are trained cognitive therapists, eligible for BABCP accreditation and bound by the rules and ethical conduct of their professional bodies, which include the British Psychological Society and the Royal College of Nursing.



For further information

To arrange an appointment or to get further information on the OCTC Clinic, contact us as below:

Oxford Cognitive Therapy Centre

Warneford Hospital
Oxford
OX3 7JX

Phone: 01865 902801
Fax: 01865 337416
E-mail: octc@oxfordhealth.nhs.uk
Web: www.octc.co.uk

*Oxford Cognitive
Therapy Centre*

*Cognitive
Behaviour
Therapy
Private Clinic*



Oxford Health **NHS**
NHS Foundation Trust

OCTC Clinic

This is a private clinic within the local NHS Trust, offering specialist cognitive behaviour therapy (CBT). Our staff comprises experienced CBT therapists whose work is supervised to ensure good practice.

When we receive a referral for treatment, we offer an assessment session. This enables us to discuss problems in detail and then consider the appropriateness of therapy. Following an assessment, we prepare a psychological report summarising the problem(s), questionnaire results and suggestions for overcoming difficulties. Subsequent sessions can be organised at your convenience, although generally we can only offer appointments during office hours.

We also provide a consultation service, whereby we offer a lengthier assessment and propose management guidelines for another professional—your specialist doctor or your local therapist, for example.

What is CBT?

Cognitive behaviour therapy (CBT) helps people understand the links between thoughts, feelings and behaviour. Therapist and client work together to identify the thoughts, attitudes and beliefs that are associated with particular difficulties and to discover if there are other, more realistic and helpful ways, of

seeing things. With the support of the therapist, clients are then encouraged to try out new ways of dealing with problems and to evaluate which works best for them.

The techniques are easily learnt and clients are encouraged to use them in their own way.

The efficacy of short term CBT (10-15 sessions) is well established for anxiety disorders and depression; the efficacy for relationship problems and more complex difficulties, requiring longer term treatment, is also very promising.

Referrals to the OCTC Clinic

You can refer yourself to us, although where possible we prefer referrals to be made through your general practitioner (GP) or medical consultant.

In general, we only offer treatment to people over the age of 18 years.

Referral can be made over the telephone or you (or your doctor) can write to:

Joy McGuire, Clinic Lead
OCTC,
Warneford Hospital,
OXFORD, OX3 7JX

If you think that your treatment might be covered by private insurance please contact them **before** beginning treatment with us to establish the terms of your policy. We require payment for sessions directly at the time of each appointment by cash or cheque. **We do not deal directly with insurance companies.**

Confidentiality

All that is discussed in your therapy sessions will be treated as confidential. Your personal details would only be discussed with another member of OCTC for the purposes of gaining supervision on your problem and needs (we are required to seek supervision by our professional bodies as a means of ensuring good practice). **However, as a private clinic within an NHS Trust, we are obliged to record your details on NHS data systems. These can only be accessed by authorised NHS professionals, and an audit trail can trace anyone who looks at your records.**

We would usually inform the person who referred you for therapy, but the detail that we disclose will be discussed with you. If we felt that it would be helpful to request additional medical, social or legal information, we could only do this with your consent.

We have a legal obligation to break confidentiality under certain rare circumstances, namely if we believe that a client is a danger to themselves or others or if we believe that a child is at risk of physical or sexual abuse or neglect.

Crisis management

OCTC is not able to offer a crisis management service. In the event of a crisis arising, please contact your general practitioner.