

Wanstead Mental Health Clinic



The Therapeutic Centre of Excellence

The Gold is in you
Our team guides you to find it



Position Statement

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

Delivers a new approach to Counselling, Psychotherapy and Mental Health services. With over 20 years of private practice experience our Clinical Director brings together a functional and effective process to support professional development and maximise the delivery of Positive Client Experience.

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

is owned and managed by Wanstead Well-being CIC is a Mental Health Service Provider that goes beyond the traditional scope of a clinic that is nothing more than a collection of soul traders.

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Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence is a Collaboration Partner of Ayanay Psychological Accreditation (APA) and operates to the Ethical & Professional Framework of their elevated protocols.

Point of Focus



Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

Provides a dedicated Counselling, Psychotherapy and Mental Health Wellbeing Environment.

With all services provided by Qualified Therapeutic Professionals. Wanstead Mental Health Clinic makes access to effective support available within a safe and caring environment.

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

provides a triad of support to Those in Need, Qualified Therapeutic Professionals and The Local Community.

Those in Need

- Ease of Access
- Effective matching to the appropriate Professional
- Ethical, Confidential and Professional Service

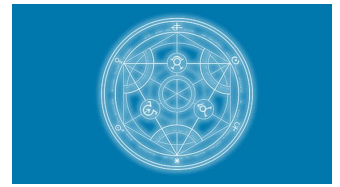
Qualified Therapeutic Professionals

- Exclusive Support and Professional Development
- Effective matching to the appropriate client
- Ethical, Confidential and Professional Service

The Local Community

- Mental Health Awareness Events
- Business Networking Events
- Dedicated Access and Collaborative Working

Your Freedom to Choice



Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, is not a coercive service provider. We believe that everyone should be empowered to make the choices that are right for them. We therefore offer the following information to support your Freedom of Choice.

It might surprise you to discover that in the UK the sector of Counselling & Psychotherapy is unregulated. This means that there is Government Appointed Body to protect clients or professionals. This role is delivered by various VOLUNTARY registers. These are often Charities or Organisations that offer professionals a membership, with an Ethical Framework and Structured Code of Conduct. **Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence**, affiliates to Ayanay Psychological Accreditation (APA) as a committed Collaboration Partner. You are welcome to review APA's Framework at www.ayanay.co.uk

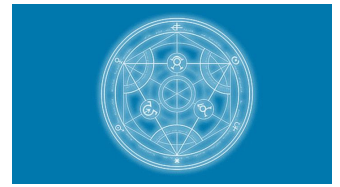
Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence offers an Assessment & Referral Service. There is NO OBLIGATION to accept a referral to a professional affiliated to **Wanstead Mental Health Clinic**.

Should you wish to engage the services of a Professional, outside the protections of **The Therapeutic Centre of Excellence**, please be sure to check:

- Professional Qualification is Level 4 Diploma in Counselling / Psychotherapy or Above
- Their Supervisor and Insurance Details
- They have Confidentiality and Safeguarding Processes?
- Do they have Contact Boundaries?
- What is their Payment agreement?
- What Security of your information, session notes etc, do they have in place?
- Do they have an affiliation to a Voluntary Register?

Ethical Professionals will have no concerns in responding to these enquiries. Note: Only Professionals Accredited by APA or working with **The Therapeutic Centre of Excellence** will serve with the **Oath of Commitment to Ethical Working**.

Our Services



Those in Need

Assessment and Referral

With awareness of Mental Health at an all-time high, and access to effective support becoming increasingly difficult, it is clear that many people are struggling to know what support is best to engage. **Wanstead Mental Health Clinic** will provide a low cost Assessment and Referral Service. This will allow for a more effective engagement and allow the prospective client to develop a greater understanding of their need.

Assessments will be carried out by a Senior Accredited Professional and match the need of the individual to the Knowledge and Experience of the appropriate Qualified Therapeutic Professional.

Whilst Assessments will be undertaken without obligation to use the **Wanstead Mental Health Clinic** referral, The Service will give those in need a clear understanding of what to look for in a professional service provider, in order that they receive the support they need.

Service Cost includes 1hr Assessment and Written Report **£90.00**

Therapeutic Pathways

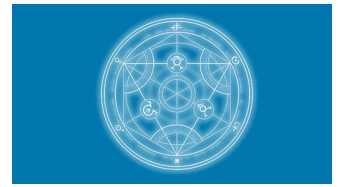
Wanstead Mental Health Clinic is a **Therapeutic Centre of Excellence** and will offer those in need 3 Teams of Qualified Therapeutic Professionals, that meet the needs outlined by the Assessment Service.

The Teams are:

- **The Affiliated Team**
- **The Consultants Team**
- **The Specialist Team**

Wanstead Mental Health Clinic is a **Therapeutic Centre of Excellence** and operates a Sliding Scale of cost based on the need of the client. With services available both in person at the clinic or via Digital Access (Video Call).

All Services are agreed and paid in advance to **Wanstead Mental Health Clinic**.



The Affiliated Team

The Affiliated Team is made up of professionals with up to 3 years Post Qualified experience.

Service	In person	Digital Access
Face to Face (1-2-1)	£65.00	£55.00
Couples	£99.00	Not Applicable
Family	Not Applicable	Not Applicable
Mediation	Not Applicable	Not Applicable

The Consultants Team

The Consultants Team is made up of professionals with up to 10 years Post Qualified experience.

Service	In person	Digital Access
Face to Face (1-2-1)	£90.00	£80.00
Couples	£120.00	£100.00
Family	£145.00	Not Applicable
Mediation	£180.00	Not Applicable

The Specialist Team

The Specialist Team is made up of professionals with up to 15 years and over Post Qualified experience.

Service	In person	Digital Access
Face to Face (1-2-1)	£115.00	£110.00
Couples	£165.00	£160.00
Family	£180.00	Not Applicable
Mediation	£190.00	Not Applicable

What you should know



What you should know about working with **Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence.**

You will experience a new approach to Counselling, Psychotherapy and Mental Health services. With over 20 years of private practice experience our Clinical Director brings together a functional and effective process to maximise the delivery of a Positive Client Experience and support professional development, to ensure service delivered to those in need by the very best professionals.

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence is not a training provider. You will only ever work with Qualified Therapeutic Professionals. Every **Wanstead Mental Health Clinic** professional is contracted to abide by the Ethical & Professional Conduct Protocols of Ayanay Psychological Accreditation (APA).

Confidentiality

Reaching out for support is the first step in achieving a greater awareness of yourself and the developing the tools to manage and thrive in your world, irrespective of the challenges and experiences that have shaped your knowledge and understanding of the world around you.

It is rarely an easy step to make and **Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence**, works to protect your confidentiality at every stage.

The Ethical & Professional Conduct Protocols of Ayanay Psychological Accreditation (APA) require every **Wanstead Mental Health Clinic** professional to make a direct intervention in the event that a client or peer discloses a 'Risk Of Harm' either to themselves or to others.

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, has a dedicated protocol for Risk of Harm Disclosures, which will be explained to each client at the beginning of their engagement with **Wanstead Mental Health Clinic.**



Professional Supervision (Internal & External)

The Ethical & Professional Conduct Protocols of Ayanay Psychological Accreditation (APA) require every **Wanstead Mental Health Clinic** professional to undertake Professional Supervision.

This is a confidential environment where professionals are able to discuss their work directly with a specifically qualified professional.

Whistleblowing and Complaint Process

In line with best practice and The Ethical & Professional Conduct Protocols **Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence**, upholds an elevated Whistleblowing and Complaint Process. This is available on request.

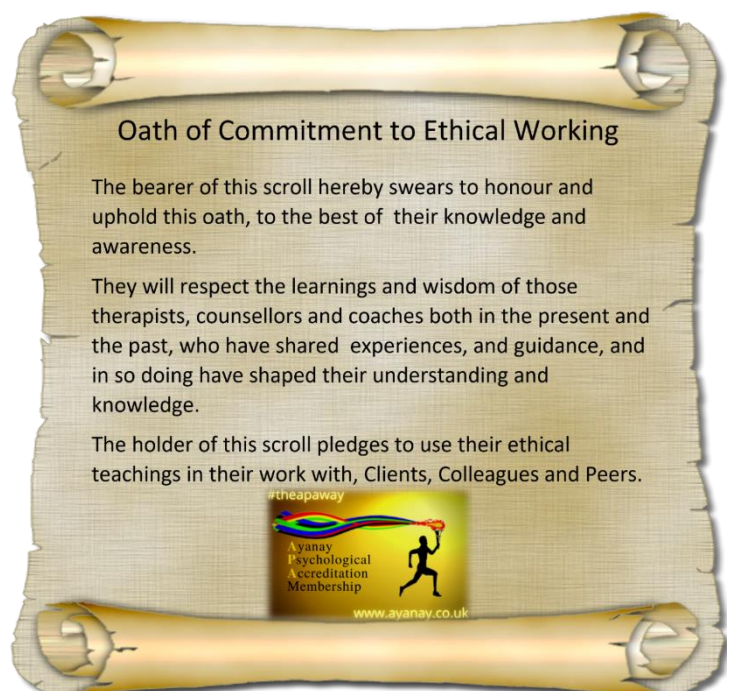
Wanstead Mental Health Clinic Ambassadors

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, offers qualified professionals the opportunity to affiliate with **Wanstead Mental Health Clinic** as Ambassadors. These professionals may offer different rates and additional services, both within **Wanstead Mental Health Clinic** or Outside. Clients that wish to use an Ambassador's Services are welcome you use the Direct Booking Option.

Oath of Commitment to Ethical Working

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, abides by the Ethical and Professional Conduct Protocols of Ayanay Psychological Accreditation (APA).

While the professions of Counsellor & Psychotherapist are unregulated, Professional are free to choose the Voluntary Register of their choice. However, all professionals Affiliated to and / or receiving referrals from **Wanstead Mental Health Clinic** agree to work in accordance with APA's Oath of Commitment to Ethical Working.





The Wanstead Well-being Suite

The Wanstead Well-being Suite offers a truly unique opportunity to provide multiple services, such as:

- Group Therapeutic Space
- Career Professional Development
- Community Learning Space
- Networking
- Professional Social

Wanstead Mental Health Clinic will offer a dedicated rate for use of The Wanstead Well-being Suite to:

- Affiliated Professionals
- Local Businesses, and Community Groups
- Other Mental Health Service Providers

The Local Community

As **Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence** is Owned and Managed by Wanstead Well-being CIC, a large focus of our commitment is dedicated to improving Positive Mental Health within the Community.

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence will be raising awareness of Best Practice in Counselling and Psychotherapy and offering focused learning for business, charities and community groups.

As a Collaboration Partner of Ayanay Psychological Accreditation (APA), **Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence** is able to offer programmes, seminars and courses, from APA's Community Learning Platform. In 2025 we will be offering local businesses and the community the opportunity to be part of the largest single Support Provider of Positive Mental Health to those in need, within our community.



The APA Community Learning Platform provides Psychologically based community learning and support in areas of:

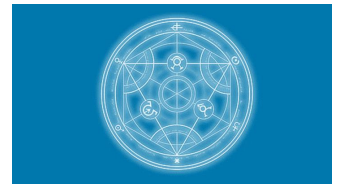
- Children's Social Care
- Primary Education
- Justice Sectors
- Ex-Military Community
- Youth and Community Engagement
- Abuse in the Home
- Mental Health in the Workplace
- Social Policy Development

If you would like to know more about how you can be involved in making Wanstead, the stand out location for positive mental health support for these areas of our community, then please contact the service team at 0208 556 4984 to arrange a direct conversation.

Community Social Responsibility

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, along with our Owners, (Wanstead Well-being CIC), Our Collaboration Partners, (Ayanay Psychological Accreditation - APA), believes that together we can demonstrate an effective engagement of Positive Mental Health in the communities we serve.

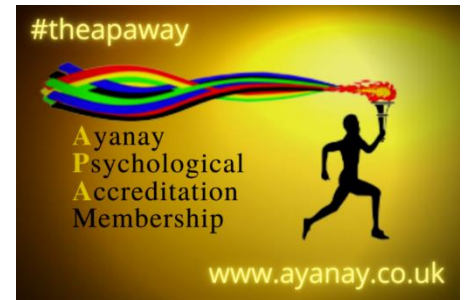
We are committed to using The Wanstead Well-being Suite as a community point of contact to enhance and support Positive Mental Health. Reaching out to Business, Charities and Community Groups to deliver Positive Mental Health Awareness.



Accredited Facility

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A new approach for
new results



By telephone

Call APA's service team on 0208 556 4984

By email

info@ayanay.co.uk