



Is Beacon House the right service for me?

Information for adults considering therapy & support



This leaflet should help you to decide whether Beacon House is the right service to meet your individual needs

The needs that are included here are:

- Neurodiversity | Page 3
- Specialist Educational Needs and Disability (SEND) | Page 4
- Eating distress | Page 5
- Drug and alcohol, addiction and dependency | Page 6
- Traumatic or Acquired brain injury | Page 7
- Expert independent assessment and therapy for Courts / Tribunals | Page 8
- Supporting clinical evidence | Page 9
- Psychiatric assessment and prescribed medication | Page 9
- Emergency response | Page 10
- Specific therapies | Page 11
- Residential care | Page 11

The alternative services mentioned are either:

- Services that we have direct relationships with and can confidently recommend
- Services that our clients tell us that they have had good experiences with – we may not have a relationship with these services ourselves

NEURODIVERSITY

We're good at:

- Making sense of the interaction between neurodiversity and other emotional and psychological needs.
- Making sense of the interaction between neurodiversity, PTSD, C-PTSD and dissociation.
- Adapting psychological therapy for neurodiverse clients.
- Adapting therapy for PTSD, C-PTSD and dissociation for neurodiverse clients.
- Taking care of your neurodiversity needs when you come to our building for assessment and therapy.
- Helping the people in your personal and professional networks understand how you are impacted by neurodiversity in combination with other therapeutic needs.

**We're right
for you!**

Please get in touch:

Call us: 01444 413 939

Email: secretary@beaconhouse.org.uk

We're not quite right for you if:

- You need a diagnostic assessment for Autism in adults.
- You need a diagnostic assessment for Attention Deficit Hyperactivity Disorder (ADHD) in adults.
- You're looking for therapy that is specifically to help with the social, emotional and communication aspects of your neurodiversity needs – not alongside other emotional and psychological needs.
- You're looking for coaching for neurodiverse adults.
- You need an expert opinion to support Reasonable Adjustments in your place of education or work.

**Sorry, we're not well suited to
offer what you need right now.**

We recommend:

www.makingsenseofit.org.uk

www.sussexpsychologicaltherapycentre.com

Our clients tell us they like:

www.autismoxford.com

www.oxfordadhdcentre.co.uk

SPECIALIST EDUCATIONAL NEEDS AND DISABILITY (SEND)

We're good at:

- Making sense of the interaction between SEND and other emotional and psychological needs.
- Making sense of the interaction between SEND, PTSD, C-PTSD and dissociation.
- Helping the people in your personal and professional networks understand how you are impacted by SEND in combination with other therapeutic needs.
- Working therapeutically with emotional and psychological needs that are getting in the way of you accessing education and learning.

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We're not quite right for you if:

- You need an assessment for an application for an Educational and Health Care Plan (EHCP).
- You need an assessment for a review of your EHCP.
- You need an independent expert assessment for a First-tier Tribunal (SEND).

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EATING DISTRESS

We're good at:

- Making sense of the interaction between eating distress and other emotional and psychological needs.
- Making sense of the interaction between eating distress, PTSD, C-PTSD and dissociation.
- Working to understand eating distress as one of the ways that you, or a part of you, copes. We would refer to this as 'formulating' the distress, rather than relating to it as a 'symptom of a disorder'.
- Helping the people in your personal and professional networks understand what the meaning and function of eating distress is, in your life.
- Working closely alongside your GP to ensure that your physical health is not at serious risk.

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We're not quite right for you if:

- The main and only thing that you need help with is eating distress.
- Eating distress means that your physical health and safety is at serious risk.
- Your physical health status means that regular monitoring from a nurse or doctor is recommended, even if you are not following that recommendation.

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Our clients tell us they like:

Orri Eating Disorder Clinic
www.orri-uk.com

DRUG AND ALCOHOL ADDICTION AND DEPENDENCY

We're good at:

- Working with people who have moderate drug and alcohol use as a part of their story, either historically and/or currently.
- Making sense of the interaction between substance use and other emotional and psychological needs.
- Making sense of the interaction between substance use, PTSD, C-PTSD and dissociation.
- Working to understand substance use as one of the ways that you, or a part of you, copes.
- Helping the people in your personal and professional networks understand what the meaning and function of substance use is, in your life.
- Working closely alongside your GP to ensure that your physical health is not at serious risk.



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We're not quite right for you if:

- Drug and/or alcohol addiction / dependency is so severe that your physical health and safety is at serious risk.
- Community or residential detox has been recommended by specialist drug and alcohol services.
- Your physical health status means that regular monitoring from a nurse or doctor is recommended, even if you are not following that recommendation.
- Your addiction or dependency means that you cannot be abstinent on the day of therapy.
- Addiction or dependency is impacting your information-processing, memory and problem-solving to the extent that you cannot participate in the 'thinking' part of therapy.



Sorry, we're not well suited to offer what you need right now.



We recommend:

Turning Point

www.turning-point.co.uk/

TRAUMATIC OR ACQUIRED BRAIN INJURY

We're good at:

- Making sense of the interaction between the impact of TBI / ABI and other emotional and psychological needs.
- Making sense of the interaction between the impact of TBI / ABI, PTSD, C-PTSD and dissociation.
- Adapting psychological therapy for clients with TBI / ABI.
- Adapting therapy for PTSD, C-PTSD and dissociation for clients with TBI / ABI.
- Taking care of your TBI/ABI related needs when you come to our building for assessment and therapy.
- Helping your family and loved ones manage the emotional and psychological impact of someone close to them sustaining a TBI / ABI.
- Working closely with other health and social care professionals that support you.

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We're not quite right for you if:

- You need a neuropsychology / cognitive assessment.
- You need neuropsychological rehabilitation.
- You need trauma therapy, but you are still in the post-acute phase of your injury.

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We recommend:

Brain and Mind
<http://brainmind.co.uk>

Dr Clara O'Brien
<https://www.claraobrien.net/>

INDEPENDENT EXPERT PSYCHOLOGICAL ASSESSMENTS & THERAPY FOR LEGAL PROCESSES

We're good at:

- Delivering therapy that has been recommended by:
 - Family Court
 - Criminal Court
 - Civil Court
 - Tribunal
- Delivering trauma therapy for adults who have been referred by a Case Manager from a Rehabilitation Company
- Delivering trauma therapy funded by compensation paid by the Criminal Injuries Compensation Scheme (CICS), or any other compensation or redress scheme for victims harmed by specific institutions.

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We're not quite right for you if:

You need an independent expert psychological assessment for any of the legal processes opposite.

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We recommend:

London Trauma Specialists

www.londontraumaspecialists.com

SUPPORTING CLINICAL EVIDENCE

We're good at:

Providing clear, written evidence summarising our clinical formulation and therapeutic recommendations (Standard Assessments) or our diagnostic impression and therapeutic recommendations (Extended Assessments). These documents belong to you, and you can share them with any other professional or agency that you choose.



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Please get in touch:

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We're not quite right for you if:

You need written evidence that answers specific questions about your ability to perform daily tasks, or specific elements of a job.



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PSYCHIATRIC ASSESSMENT AND PRESCRIBED MEDICATION

We do not have psychiatrists as part of the team at Beacon House, and we do not prescribe medication.

Our clients tell us that they have had good experiences with Flint Healthcare
www.flinthealthcare.co.uk

EMERGENCY RESPONSE

We're good at:

- Providing a reliable Clinical Lead / Senior on Duty system between the hours of 09.00 – 17.00, Monday to Friday.
- Supporting therapists in the team with safeguarding or clinical risk concerns that they have for their clients.
- Mobilising a response from statutory services (the NHS and Local Authority) by liaising promptly with those services.



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We're not quite right for you if:

- You need your therapist to be available to you outside of planned sessions.
- You need a guarantee of emergency appointments (we will always try our best).
- You need the immediate availability of a Lead / Senior Duty therapist to respond in a crisis.
- You need a service that can provide urgent, or crisis care directly, rather than mobilising NHS or Social Care colleagues.



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SPECIFIC THERAPIES

We're good at:

The following therapy:

- Art Psychotherapy
- Cognitive Behavioural Therapy
- Comprehensive Resource Model
- Couples/Family Therapy
- Dramatherapy
- Eye movement desensitisation and reprocessing (EMDR)
- Integrative Psychotherapy
- Internal Family Systems (IFS)
- Mentalization Based Treatment (MBT)
- Motivational Interviewing

We don't offer:

Schema Therapy

We recommend Dr Kim Reid
www.drkimreid.co.uk/

Cognitive Analytic Therapy

We recommend Dr Jon Chatfield
www.sussexpsychologicaltherapycentre.com/our-therapists

Body-based psychotherapy

We recommend Inbar Sagiv
www.bio.site/inbarsagiv

Dialectical Behaviour Therapy

Our clients tell us they like:
www.drjogee psychotherapy.co.uk/online-dbt-across-the-uk

RESIDENTIAL CARE

We don't offer residential care. The only service in the UK that we are currently aware of that has an inpatient offer specifically for trauma and dissociation, is Khiron Clinics. We do not have direct experience of their services:

www.khironclinics.com