Welcome To Beacon House!

This information booklet will tell you everything you need to know about Beacon House. If you do have any questions, please do not hesitate to get in touch with us.

Get In Touch

Call: 01444 413 939
Email: admin@beaconhouse.org.uk

For daily ideas and articles about mental health, parenting, trauma and attachment, find us on Facebook and Twitter.

www.beaconhouse.org.uk

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@BeaconHouseTeam
Our Facilities

We have two clinics – one in Cuckfield and one in Chichester.

Our therapy rooms are designed with your comfort in mind. You will find that they are comfortable, warm, bright and spacious.

There is free parking at both clinics as well as comfortable waiting areas with free flowing tea and coffee.
Our Service

Beacon House is a specialist multi-disciplinary mental health and Occupational Therapy service.

Beacon House is a team of over 40 clinical psychologists, counselling psychologists, systemic psychotherapists, psychodynamic, art and drama therapists and Occupational Therapists. Our team includes both child and adult specialists meaning that we can work with individuals across the lifespan.

Here at Beacon House we are able to offer specialist psychological assessment and intervention for a wide range of mental health and relationship difficulties. We very regularly work with individuals who are experiencing low mood, anxiety, OCD, post-traumatic stress, low self-esteem, self-injury, loss and bereavement and the impact of childhood maltreatment. Rather than taking a diagnostic view, our approach to understanding mental health really takes into account the life experiences of an individual, and how these have shaped their emotions and coping behaviours.

Our Team

The service is headed up by its Clinical Director, Dr Shoshanah Lyons, and is co-ordinated by our team leads.

Jayne Hemming is our Service Manager and brings 26 years of experience working in Children's Services

Dr Shoshanah Lyons is our Clinical Director, Clinical Psychologist and our Cuckfield Team Lead

Dr Kathryn Whyte is a Clinical Psychologist and our Chichester Team Lead

Dr Laura France is a Clinical Psychologist and our Adult Services Team Lead

We are supported by a team of secretaries who are always available to take your call and answer any questions. Our office hours are open Monday to Friday 9am – 5pm, and the office is closed for lunch between 1pm – 2pm.

All our therapists bring years of expertise and experience in the understanding and treatment of mental health difficulties in adulthood. To see photographs of our team and read about their experience, please do visit www.beaconhouse.org.uk.org.uk/team
Therapeutic Needs Assessment

When you are first referred into our team we will match you with the most appropriate practitioner based on the initial information available to us.

Your practitioner will begin by offering you a ‘Therapeutic Needs Assessment’. This takes place over one or sometimes two appointments. This brief assessment aims to understand:

- The nature of your difficulties, both now and in the past
- Your childhood experiences and how they have shaped your adulthood
- Your current family and work situation
- Any risk of harm to self and others
- Your strengths and resources
- Your hopes for change

Following your initial one or two appointments, your practitioner will provide you with a Therapeutic Needs Letter. This letter aims to:

- Summarise and clarify the history of the problems and how they are now affecting your life now
- Assess any level of risk to self or others
- Offer a psychological formulation. A formulation is our way of understanding what the difficulties are, what has led to them, what is keeping the problems going, and what resources you can draw on to move forward.
- A recommended intervention plan with therapeutic goals to work towards.

Once you have received your assessment letter, you will be invited to get in touch with us and confirm that you would like to go ahead with the recommended intervention plan. Sometimes this means that you will change practitioners in order to get the most helpful intervention; but usually you remain with the practitioner who carried out your assessment.
Therapeutic Intervention

Following your assessment, you will be recommended an intervention that we feel is most likely to create the change that is needed. This is most often in the form of weekly individual therapy, but we might also suggest that you attend therapy with other important people in your life, such as a partner or your parents. Therapeutic goals within therapy vary widely. Typical hopes for therapeutic change include:

- To develop a greater understanding of the problems you are facing so that you can make sense of why you struggle in the way you do.
- To develop a range of coping resources which will help you to tolerate set backs better, and help you to manage strong negative emotions.
- To identify and focus on the underlying ‘cause’ of the problems you experience, and work either creatively or directly on these memories and struggles.
- To build up a network of support around you, and feel able to connect with others in your life in a fulfilling way.
- To develop hopefulness and optimism that you can create the change you want to see in your life.

At Beacon House we offer a wide range of therapies, all of which work towards these aims in slightly different ways. You can read detailed descriptions of the therapies on our website:
Reviewing Therapy

Your therapeutic intervention will be reviewed after the first four sessions to ensure that you and your practitioner feel you are on the right track; and then once every twelve weeks following that. The purpose of the review is to explore and reflect on what is working well; what you are still worried about and what your therapeutic goals are for the next phase of therapy.

Ending Therapy

Deciding when therapy ends will depend on when you feel ready to say goodbye. This can be an ongoing discussion between you, and your therapist about how you will know when your work is done, and you will end only when you feel it is the right time. We ask that you give at least two weeks’ notice of an ending to therapy work.

Confidentiality and our duty of care

All information is kept strictly confidential, and we will not share any details with third parties without your explicit consent. The only time when confidentiality may be broken is when we are concerned that you might seriously hurt yourself or others. In this situation, we have a duty of care to discuss our concerns with the relevant agencies. We will always aim to be transparent with you in these circumstances.
Fees and Payment Policy

The cost of the initial Therapeutic Needs Assessment is £180. This covers one appointment and the time taken to write your assessment letter. Fees for all ongoing appointments are £120 each, unless the therapy is being funded by your health insurance. If you are self-funding, you will be contacted by email at the end of each month by the Beacon House accounts administrator with an invoice for that month’s appointments. You are asked to pay by BACS or by calling to our office to pay over the telephone within five working days. If payment is not received within this time, then therapy appointments will be temporarily put on hold until payments are settled. By accepting your first appointment you are agreeing to these terms.

Cancellation Policy

If you need to cancel a therapy session for any reason, we require two weeks’ notice. This enables us to offer that appointment to someone else. If two weeks’ notice is not given, then full payment for the missed session will be charged. If you would like to cancel or re-schedule an appointment, please telephone us on 01444 413 939 or email us on referrals@beaconhouse.org.uk.

In An Emergency

Beacon House is not able to offer a crisis or urgent response in between pre-arranged therapy appointments. If you feel at risk of harm to self or to others, we strongly recommend that you contact your GP in the first instance, or take yourself A&E where an urgent psychiatric assessment will be offered.

Making A Complaint

If you feel unhappy with the services offered by Beacon House please do talk to your therapist in the first place. We are always open to feedback and we hope that we would be able to resolve any dissatisfaction. If you feel unable to do this; or if you would like to take the matter further then you are free to contact our Service Manager, Jayne Hemming, on 01444 413 939 or Jayne.hemming@beaconhouse.org.uk

And finally...

We are looking forward to working with you. If you have any questions at all please do not hesitate to get in touch with us on 01444 413 939 or referrals@beaconhouse.org.uk.

The Beacon House Team