



PSYCHOTHERAPY, COUNSELLING **AND MENTAL HEALTH** **ASSESSMENTS AND REPORTS**

What are Psychotherapy, Counselling and Mental Health Assessments and Reports?

Our psychotherapists and counsellors can conduct mental health and emotional health assessments and produce short or in-depth report based on that assessment session. Assessments and reports can be used for a range of situations including: personal injury; employment tribunals; back-to-work health; occupational health; education and student services; academic purposes; rehabilitation; staff support; housing; treatment recommendations and more. These are not psychiatric reports and will the assessment and report will not aim to make a diagnosis, they will highlight the signs and symptoms of the client or patient's condition.

If you require a medico-legal report, please consult a psychiatrist or clinical/counselling psychologist.

There is the option to provide an Assessment and Report or just an Assessment. Please see the Price List for fees.

Each Assessment Appointment lasts 2 hours. The turnaround for the Report is 2 weeks. However, if you require an Emergency Report, we aim to do this in 2-3 days. There will be an additional charge for Emergency Assessments and Reports (£50) on top of the general fee. Please let us know if you require an Emergency Assessment and Report so that this can be arranged accordingly.

Both self-referring individuals and companies/services/external agencies can request this service.



Each Assessment and Report includes the following:

- 2-hour assessment appointment
- Psychometrics
- Report including:
 - Details of signs and symptoms of presenting condition, quality of life, key feelings, thoughts and behaviours, other clinical observations#
 - Impact of condition of client/patient's life/work/study/other (as appropriate)
 - Recommended course of treatment
 - Possible outcomes with the correct treatment
 - Possible outcomes if the client/patient did not access this treatment
 - Clinician's opinions/suggestions/recommendations
 - Any other relevant information

The psychotherapist/counsellor/clinician will retain a copy of the Assessment Notes and Report. The client/patient will also receive a copy of the Report before it is submitted to ensure all details are accurate and they will then give consent for the Report to be passed onto the individual/company/service requesting the Assessment and Report. The individual/company/service will then receive a copy of the Report.

All Assessments and Reports are different and what the Assessment and Report focuses on can vary from client-to-client and depend on the purposes of the Assessment and Report. Please provide instruction outlining the specifics of what you would like considered for Assessment and Report and the reasons/purpose of the Assessment and Report. We may make further suggestions and amendments which you can amend and agree on if you wish. If this is an Emergency Assessment and Report, please inform us of this at the initial point of contact.

If you have any questions or need further information about this service, please feel free to get in touch.