



Referrals for Low Cost Therapies and Counselling support

Dear Colleague,

I am writing to let you know that BTC remains open for online therapy. We have received some funding from the Sussex Community Foundation which enables us to offer further subsidies for lower cost therapies during Covid-19. With the IAPT therapies under pressure, this could benefit some of your patients.

Brighton Therapy Centre is a local charity based in Central Brighton, providing a wide range of specialist psychological therapies. We are a trusted local clinic (on the CCG list of approved providers).

We are currently working with the majority of our clients online but are starting to open up some face to face appointments based on client requirements.

Therapies can be offered at low cost – as a charity we always offer a sliding scale of costs based on the client's ability to pay.

We set up an initial consultation for £25 per hour (£15 for those receipt of benefits). All of our experienced practitioners offer some low-cost places to make them more accessible - from £31 per hour.

BTC offer a wide range of therapies including;

- Personal centred
- Gestalt & Psychodynamic
Counselling
- Psychoanalytic psychotherapy
- Psychoanalysis
- Group psychotherapy
- Dialectical behaviour therapy
- Cognitive analytic therapy
- Dynamic interpersonal therapy
- CBT
- Arts therapies
- Trauma therapy (EMDR)

Opening hours: Therapy Services: Monday - Friday 7am - 10pm. Saturday 10am - 5pm. Office: Monday- Friday 9.30 - 4.30pm.

Book an initial consultation online: <https://www.brightontherapycentre.org.uk>

Telephone number: 01273 626444

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