



CDS UK

Clinic for Dissociative Studies
35 Tottenham Lane
London N8 9BD

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Referral Process Information Sheet

Thank you for your enquiry regarding a referral to CDS UK.

CDS UK is an NHS funded organization, therefore all assessment and treatment cases need to be funded by the local NHS Funding body in England or by Health Boards in Scotland. The process for doing varies regionally; in some instances, we can assist in making a funding request and in others we will require that a clinician involved in the patient's care does this directly. If you do not know which process applies to your patient, we can advise on receipt of referral.

We take referrals in writing from professionals only; patients are not able to self-refer to us at this time. We suggest you include as much information as possible to ensure we are able to make a robust funding application. It also helps to give us a sense of whether the patient would be suitable for our treatment programme.

Specifically, we ask that you include as much of the following information as possible in your referral:

- The primary reason for the referral, including symptoms and needs.
- Description of the patient's apparent dissociative symptoms.
- Why local services are not suitable in this case
- Details of any local Mental Health support for the referral, which would ideally be a recommendation from a Psychiatrist, Consultant etc.
- Details of current risk issues including harm to self, harm to others, harm from others. You can also attach a recent risk assessment if relevant.
- Details of current and previous Mental Health diagnoses.
- Details of any current medications.
- A detailed description of the patient's history.
- A description of the current services received and history of relevant health input (please include dates and outcomes where possible).
- A description of any other relevant (non-medical) support being accessed by the patient relating to their condition, such as programs, organisations or individuals.
- Attachment of any previous mental health reports.

CEO: Mark Linington

Consultant: Dr Valerie Sinason

Patrons: Sir Richard Bowlby, Professor John Morton, Mr David Leevers

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Registered Charity No. 1178552

Registered Office: 35 Tottenham Lane, London N8 9BD

Additionally, prospective patients' needs to provide written consent to the referral, to the sharing of relevant information, and to our liaison with professionals involved with them. Please ask us for a copy of this if you do not already have one.

What happens next?

- you'll receive an acknowledgement e-mail from us within 2 weeks
- We'll then review the referral in detail and be in touch to confirm the next steps. This could be to request further information, to request that the patient is assessed for suitability within local services, to ask you to make the funding application directly to the CCG or Health Board or to confirm that we have made the funding application.
- Once funding application has been submitted, we will keep you updated as we are notified of any decisions by the CCG or Health Board. Please note that we have no influence on how long this process takes, and it can depend on variable factors. A decision can be made in anything from 2 weeks to 12 months.
- If funding is approved, we will let you know in writing, and we will liaise with the patient or their carers directly to arrange the assessment appointment
- If funding is declined, we will also let you and the patient know directly and offer our support if you chose to appeal the decision. To appeal, you usually need to provide new clinical support for the referral e.g., a new assessment report that wasn't previously available. This usually needs to be done within 30 days of receiving written confirmation of the decision.

If you already have funding approved for your patient, we will require the following:

- A copy of the funding confirmation from the NHS funding organisation that is covering the cost of the assessment
- A referral letter from referring clinician (covering bullet points below)

Please also see our FAQs on the following pages and do get in touch if you still have queries.

We recommend you send the referral by e-mail to secure mailbox info@clinicds.com to avoid delays but you can also send to the following postal address:

Referrals Department
CDS UK
35 Tottenham Lane
London N8 9BD



Simone Bowman
Business and Office Manager

Frequently Asked Questions

What are the typical costs for individual psychotherapy?

The individual assessment cost is £1,995 plus VAT, and the typical treatment package we recommend is £3,195 plus VAT, which includes support therapy OR support work. For full details of what this package entails, please refer to the tariff document which details the range of different services we offer.

Do you offer support for family members?

Yes, if this is necessary and if this is funded by the NHS, we can offer support therapy for family members, partners, or carers. This is most frequently the spouse or partner of the individual receiving the main psychotherapy treatment and, in some cases, may be children or siblings. We would need to provide a case for this as part of the Individual Funding Request.

Where your sessions take place?

If possible, assessments will usually take place at our North London clinic, though we can try to source a local room for patients unable to travel. When in treatment, sessions will take place locally to the patient. We have specialist therapists based around the UK who travel to see the patient at a location that is safe and convenient for the patient. We find a suitable venue that is appropriate and safe, according to the patient's needs which they can provide during assessment.

What if my patient already has a diagnosis of a Dissociative Disorder, do they still need an assessment?

In most instances yes, we will need to do an assessment of every patient, even if a diagnosis is already given for a dissociative disorder. There may be some cases where we can do a shorter assessment, but this is decided on a case-by-case basis and we would need to review patient history in detail.

Are you able to work in conjunction with local services if treatment is approved?

Yes, we can work in conjunction with local services to the extent that local services are engaged, as this is very beneficial for the individual. Several of our patients have extensive teams around them, which we work with to provide crucial input and guidance based on our expertise and specialist knowledge of the patient's needs due to their dissociative disorder. We also provide specialist training and consultancy on working with dissociative disorders to the local services if this is needed and if funded.