Adolescent and Young Adult Service
Psychoanalytic Therapies Service for Young People aged between 14 and 25
Leaflet for Professionals
Who are we?
The Adolescent and Young Adult Service at the Tavistock & Portman NHS Foundation Trust is a specialist psychoanalytic psychotherapies service for young people between the ages of 14 and 25.

The service is designed to meet a variety of needs specific to adolescents and young adults who are struggling with mental health issues.

Our conceptualisation of the mind and mental health is from a psychoanalytic perspective. This is a way of understanding how we think and feel that considers the influence of relationships, past and present.

The service is multi-disciplinary, staffed by a team with expertise in the psychological and emotional difficulties of this age range and the delivery of psychoanalytic psychotherapies.
How can we help?

**Therapeutic Consultation**

We initially offer a consultation that allows us to think with young people about their needs within a psychoanalytic framework.

For many young people this consultation is helpful in and of itself and allows us to explore with you whether or not the psychoanalytic psychotherapies we offer are likely to be helpful.

**Treatment Interventions**

We offer:

- Psychodynamic psychotherapy on a once-weekly basis for 12 to 18 months
- Psychoanalytic psychotherapy
- Short-term psychoanalytic psychotherapy (STPP; 28 sessions)
- Dynamic interpersonal psychotherapy (DIT; 16 sessions)
- Group psychotherapy for a minimum of one year
- Psychoanalytic family therapy
- Work with parents

**Individual psychoanalytic psychotherapies**

The Service offers psychodynamic psychotherapy of typically one year to 18 months in duration, on a once-weekly basis. Based on the particular needs of the individual young person, formulated in conjunction with them during the initial consultation, more intensive psychoanalytic therapy of twice-weekly or three-times weekly sessions may be offered, but we have very limited availability for intensive psychoanalytic psychotherapy within the Service.

We also offer shorter, time-limited psychoanalytic psychotherapies, including:

**Dynamic Interpersonal Therapy (DIT; 16 sessions)**

We offer Dynamic Interpersonal Therapy (DIT) for young people experiencing depression and anxiety and where the difficulties appear related to problems in interpersonal relationships. DIT takes place over 16 sessions (50 minutes duration), during which the therapist will try to help the young person to recognise particular conscious and unconscious patterns in how they relate to others, and to understand the emotional and behavioural impact of this, and the way in which these patterns are related to feeling depressed and/or anxious.
**Short-Term Psychoanalytic Psychotherapy (STPP; 28 sessions)**

STPP is offered, in particular to young people who are depressed, but also to those who have been troubled by quite serious worries for some time. In STPP the young person is offered 28 sessions (50 minutes duration) with their therapist where, when holiday breaks are included, this therapy usually lasts for a year.

**Group Psychotherapy**

We offer psychoanalytically-based group therapy for up to 8 young people, with 2 therapists, once weekly, with sessions which are 75 minutes in duration.

**Psychoanalytic family therapy**

We offer psychoanalytic family therapy to families of adolescents and young adults experiencing difficulties in their ways of relating to each other, or when the individual adolescent or young adult’s difficulties might be most helpfully understood and explored in the context of their present family circumstances. For many families the initial 4 session consultation is very helpful in and of itself and is all that some families feel they need.

**Parent Work**

Sometimes it is important for parents to have separate appointments to talk through their worries, relationships and to think about the complexities of parenting an adolescent or young adult child. If the young person is 16 or over, they can usually decide whether or not they want their parents to be involved. This option is available to those parents of young people who are currently undertaking a psychodynamic or psychoanalytic psychotherapy in our service, or who are at the stage of the initial consultation.

**Psychiatry**

Although we are not a crisis service, psychiatric assessment (and review) is available to those for whom it might be of benefit alongside and in support of the therapeutic interventions offered within the AYAS. This support is only available to those patients who have already been accepted for a therapeutic consultation or who are already engaged in one of the psychoanalytic psychotherapies offered in the AYAS.
Consultation to Professional Networks

We provide specialist consultation to organisations and professionals involved in supporting young people referred to our service, where this is felt to be of benefit. We draw on our knowledge of psychoanalytic theory regarding group and organisational dynamics to facilitate an understanding of the often complex relationships young people have with services and that sometimes exists between services.

Teaching

We offer teaching/training or reflective practice sessions to school, college, university staff and other staff working with young people. This provides a space to think about how to support the emotional wellbeing and development of adolescents and young adults and some of the inherent challenges this work can raise for frontline staff.
Who to refer to us?

Because the process of psychotherapy can feel unsettling, it is important that there is some stability in the lives of the young people who you might wish to refer to us.

We see a whole range of individuals. We see those who are having problems with, but not limited to:

- Their relationships with friends, family, and partners,
- School or working life,
- Depression,
- Anxiety,
- Anger and aggression,
- Problem drinking or drug-taking*,
- Self-harm or suicidal thoughts,
- Problems related to self-esteem or a dislike of appearance,
- Eating difficulties*,
- Difficulties leaving home,
- Experiences of abuse and trauma, including violence, family break-up, and bereavement.

Sometimes young people come to us with a clear sense of their particular difficulty. However, often the problem can be more difficult to pin down. It may feel for them that there are many difficulties and anxieties that overlap and are hard to untangle. We will try and help the young person make more sense of their emotional and relational experiences.

We are not a crisis service. In addition, we cannot accept referrals of young people in acute states of crisis, including eating disorders that require medical management; we also cannot accept young people presenting with psychosis.

*In accepting referrals we also consider the extent and nature of the young person’s primary presenting difficulty and if, for example, co-morbid substance misuse or an eating disorder is dominant, it may be that a specialist substance misuse or eating disorder service is recommended in the first instance.

If you would like to discuss a referral, please do not hesitate to contact us.
How to refer to us?
There are different pathways of referral depending on the age of the young person (over or under 18) and the borough where they reside.

If you would like to make a referral, please contact our referrals coordinator on:

Tel:  0208 238 2326  
Fax: 0207 526 2149  
Email: atyps@tavi-port.nhs.uk (for general enquiries)  
tpn-tr.CYAF-Intake@nhs.net  
(if sending patient identifiable information)
Why refer to us?

Tradition and Innovation

Our specialist service for adolescents and young adults has a 50 year history and established tradition at the Tavistock Centre, offering psychoanalytic psychotherapies to adolescents and young adults during this crucial phase of development. The service is one of the few NHS clinics able to offer a psychoanalytic psychotherapies service specifically for young adults.

We continue to adapt our service provision according to the current context of adolescents and young adults. For example, we consider the contemporary digital lives of this population to inform our clinical practice and risk assessment procedures. We also contribute to growing the evidence-base for psychoanalytic therapies; for example developing STPP (Short Term Psychoanalytic Psychotherapy) within the service.

Access and Engagement

The Service attends particularly to issues around engagement, as this age group can find it difficult to access psychological help, sometimes feeling particularly ambivalent about psychological therapy and mental health services. For this reason, the Service accepts self-referrals from some London boroughs and works actively to support young people to remain engaged in therapy including, for example, by using media such as text messaging to communicate information regarding appointments.

Service User Involvement

We encourage service user involvement. For example, service users support our recruitment process and co-facilitated a workshop on the use of digital media in adolescence.
Cancellations and DNAs

We appreciate that there are times when patients need to cancel appointments due to unavoidable reasons – for instance due to illness or unexpected problems which make it impossible for them to attend.

In order to ensure that appointments are not lost, we ask patients to inform our service as soon as they know that they are not going to be able to attend.

It is not usually possible for us to hold open psychotherapy vacancies where patients are unable to attend for an extended period of time or if a patient does not attend and does not let us know for more than two weeks in a row.
Feedback and Outcomes

We actively seek feedback from young people and carers on the services we provide and this feedback received from young people (age 14-25) outlines some of the aspects of a mental health service which feels important to them.

In the last year, young people accessing our services have said that-

‘I was treated well by the people who saw me’
‘My views and worries were taken seriously’

Overall, the help I have received here is good’

‘If a friend needed this sort of help, I would suggest to them to come here’

What was good about the Service?

Young people said:

“They listen and genuinely care about your health and wellbeing and try to help as much as possible.”

“Room to explore the problem and get to the root of it, rather than trying to ‘fix it’ quickly. I think the results will be longer lasting.”

“Good staff who are thoughtful and attentive and listen to all my needs and worries - very helpful.”

“Being able to talk about my worries without being judged; having a space to talk about things I don’t feel comfortable talking about anywhere else.”

“Excellent service, I’m satisfied with the care I’m receiving.”
Contact Us

Adolescent and Young Adult Service (AYAS)
Tel: 020 8938 2326
Email: atyps@tavi-port.nhs.uk

Young People’s Consultation Service (YPCS)
Tel: 020 8938 2337
Email: ypcs@tavi-port.nhs.uk

Public transport links

**Underground / Tube**
- Belsize Park (Northern Line)
- Finchley Road (Jubilee & Metropolitan Lines)
- Swiss Cottage (Jubilee Line)

**Overground / National Rail trains**
- Finchley Road & Frognal (North London Link)

**Bus routes**
- 13, 31, 46, 82, 113, 268, C11

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The Tavistock Centre,
120 Belsize Lane, London, NW3 5BA

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If you need this information in a different language or format please contact the communications team, communications@tavi-port.nhs.uk

Nëse e do informacionin në Shqip ose në një format tjeter, ju lutem kontaktoni grupin e komunikimit, communications@tavi-port.nhs.uk

إذا كنت بحاجة إلى هذه المعلومات باللغة العربية أو بشكل مختلف فالرجاء الاتصال بفريق الاتصالات communications@tavi-port.nhs.uk

如果你需要本资料以其他形式写成或其中文版本，请跟我们的联络小组联系, communications@tavi.port.nhs.uk

Si vous avez besoin de ces informations en Français ou dans un autre format, veuillez contacter l’équipe de communication, communications@tavi.port.nhs.uk

Sollten Sie diese Informationen in Deutsch oder in einem anderen Format benötigen, dann kontaktieren Sie bitte das Kommunikationsteam, communications@tavi-port.nhs.uk

Se desidera queste informazioni in Italiano o in un formato diverso, per favore contatti lo staff comunicazione, communications@tavi-port.nhs.uk

Se precisar desta informação em Português ou num formato diferente, por favor contacte a equipa de comunicação, communications@tavi-port.nhs.uk

Si necesita esta información en Español o en un formato diferente, póngase en contacto con el equipo de comunicación, communications@tavi-port.nhs.uk

Haddii aad u baahan tahay macluumaadkan oo Soomaali ah ama qaab kala fadlan la soo xidhiidh kooxda isgaadhsiinta, communications@tavi-port.nhs.uk

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