



Fitzjohn's Unit
May 2004

For practical information about the Trust and maps on how to get there, please see the dark blue 'Patient Prospectus'.

The Fitzjohn's Unit is a specialist unit within the psychotherapy service provided by the Adult Department. It offers treatment for those with long-term mental health problems – many of whom (though not all) are likely to have a diagnosis from previous contact with psychiatric services. Those seen by the Fitzjohn's Unit may well have experienced a mental breakdown at some point in their lives or a similar disturbance. The personal histories of many patients include difficult childhood experiences. Patients often find that their life has come to feel repetitive and meaningless. Some such patients find themselves trapped in a cycle of behaviour that is destructive towards themselves and/or others.

Who are the staff?

The Unit is staffed by a multidisciplinary team of senior clinicians who work in partnership with the patient's local psychiatric services. If required other staff in the Clinic and the research facilities can be called on.

What Treatment do we offer?

The Unit offers an assessment, consultation and treatment service based on psychoanalytic psychotherapy, individually matched to the patients in close liaison with their local service. It is accepted that the patients seen by this service need help for a longer period than is commonly available on the NHS.

The specific treatments offered include:

- Assessment and extended consultations. These may take place at the Tavistock or in the local area. This contact may be sufficient in some cases and help local services be more effective or it may lead to long-term treatment by the Fitzjohn's Unit Team.
- Individual psychotherapy for at least two years once or twice a week. Patients then have the opportunity for a further period of group psychotherapy.
- Intermittent individual sessions in conjunction with planned psychiatric treatment and monitoring.

Do we do audit and evaluation?

The Unit is involved in regular audit and evaluation of its work. Patients are asked to help in the research of their treatment through completing special questionnaires and reviews.

If you do not wish to take part in the research, it will not affect your care. If you take part, all information coming from you will be treated confidentially and is subject to the Data Protection Act 1998.

What to do to confirm, change or cancel an appointment?

If you need to confirm, change or cancel an appointment please call 0207 447 3740 between 9.00am and 5.00pm on week days and ask for the secretary of the Fitzjohn's Unit.

Where to go when you arrive?

We are situated in the Tavistock Clinic. Please report to the reception desk in the entrance hall on the ground floor. You will be asked to wait in the waiting-room and the receptionist will contact the Adult Department to say that you have arrived. When the clinician is ready to see you will be asked to take the lift to the 4th floor. The clinician will wait for you in the lobby.

