

COGNACITY

at

LEONHOUSE

HEALTH & WELLBEING



# WELLBEING SERVICES

[leonhouseprivateclinic.com](http://leonhouseprivateclinic.com)

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# OUR MISSION

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Cognacity at Leon House is one of the UK leading providers of private mental health services. With our headquarters in Manchester we are supported by our large national network of over one hundred experienced clinicians.

We treat the full range of mental, behavioural and developmental disorders. Our patients include UK-based individuals, international patients, business leaders, managers and employees from a range of organisations as well as elite athletes from 15 UK sporting organisations.

Through our sister company, we also deliver a range of world-class coaching and training services to maximise performance and minimise stress-related problems for individuals, teams and organisations.

To achieve this, we bring together experts in the fields of:

- Psychiatry
- Psychology - including clinical, neuro, occupational and sport
- Performance coaching
- Psychotherapy

You can read more by visiting our [Expert](#) page at;

[www.leonhouseprivateclinic.com](http://www.leonhouseprivateclinic.com)

Mental health is the largest single cause of disability in the UK.



# OUR VALUES

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From the very beginning, we have been driven by our values to build a practice which really does make a difference to the people and organisations we work with.

At our core is our ability to take leading scientific knowledge and apply it with empathy to all our clients. Human understanding is at the heart of everything we do.

**Our style is approachable and dynamic.**

**Our practice is informed by our common commitment to:**

- **Confidentiality.** At the heart of all our work
- **Choice.** Patients must be in the driving seat of their care for it to be effective
- **Expertise with empathy.** Everything we do, as members of helping professions, must be informed by and delivered with compassion
- **Teamwork.** Your care requires excellent co-working and communication with you and our team.

“The quality of the treatment – knowing you are in good hands.”



# OUR EXPERTS

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Here at Cognacity we recognise that every one of our clients has different needs and for this reason we have put together a team of carefully chosen experts to find the right person to help you.

These include:

## PSYCHIATRISTS

Medical practitioners trained in the diagnosis and treatment of mental disorders. We are experts in psychiatric medication and best placed to identify the most appropriate form of treatment. In addition to General Adult, some of us have special expertise in Addictions, Forensic Psychiatry, Eating Disorders, ADD/ADHD and Perinatal Psychiatry.

## PSYCHOLOGISTS

Experts in human behaviour able to deliver targeted programmes aimed at changing attitudes/beliefs and behaviour to maximise health and optimise performance in organisations and individuals.

## PSYCHOTHERAPISTS AND COUNSELLORS

Trained in understanding and treating psychological difficulties such as anxiety, depression and addictive behaviours. They can work with 'here and now' problems as well as help a person understand themselves and others better.

# CONDITIONS WE TREAT

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**The combined expertise of dozens of clinicians from psychiatry, psychology and other allied disciplines allows us to deliver effective personalised treatment for the full range of mental health problems including:**

- Stress-related Disorders
- Anxiety
- Depression
- Obsessions and Ruminations (including OCD)

- Memory Loss
- Women's Mental Health Problems
- Psychosexual Problems
- Interpersonal Difficulties, including couple therapy

- Personality Disorders
- Problems with Sleep
- Problems with Attention and Concentration (ADD ADHD)
- Post-Traumatic Stress Disorder (PTSD)

- Autism Spectrum Disorders
- Mood Disorders including Bipolar Disorder
- Psychotic Disorders including Schizophrenia

In addition, we have a particular expertise in working at the interface between psychological and physical illness, for example working with psychological disorders associated with cancer, pain syndromes and dermatological disorders.

**Open, forward-thinking and enjoyable therapy.**

## ADDICTIVE DISORDERS

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Addictive Disorders are common, though often hidden, and widely damaging. They are also, in the main, treatable. Our increasing knowledge about brain mechanisms of motivation and choice has allowed the development of a number of effective, targeted interventions.

Our team includes several addiction psychiatrists and therapists, in addition to an excellent network of collaborators across the UK, delivering tailored treatments.

### **Addictive behaviour problems we deal with include:**

- Substance Use Disorders (drugs, alcohol, 'legal highs', prescription medication)
- Behavioural Addictions (gambling, gaming, digital devices)
- Impulse Control Disorders (food, sex other activities).

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## RESIDENTIAL TREATMENT

In rare cases where intensive treatment is needed, we can access private residential and day care facilities across the UK through our working partnership with a number of independent psychiatric hospitals and rehabilitation facilities.

“I have found the Cognacity doctors to be caring, considerate and professional. They are always very punctual, which I often find rare in many health care appointments. I would highly recommend them.”



## ADULT ADD/ADHD

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It is now recognised that ADD/ADHD is a common mental health disorder that affects children and adults. Approximately 15% of children with ADD/ADHD retain the full diagnosis in adulthood and it is estimated that between 2-3% of adults have ADD/ADHD. Few adults seek support for these conditions.

We offer expert assessment and treatment of adult ADHD, including a full clinical, psychosocial and neuropsychological assessment, as well as the full range of treatment options: medication, psychotherapy and coaching.

## PERINATAL PSYCHIATRY

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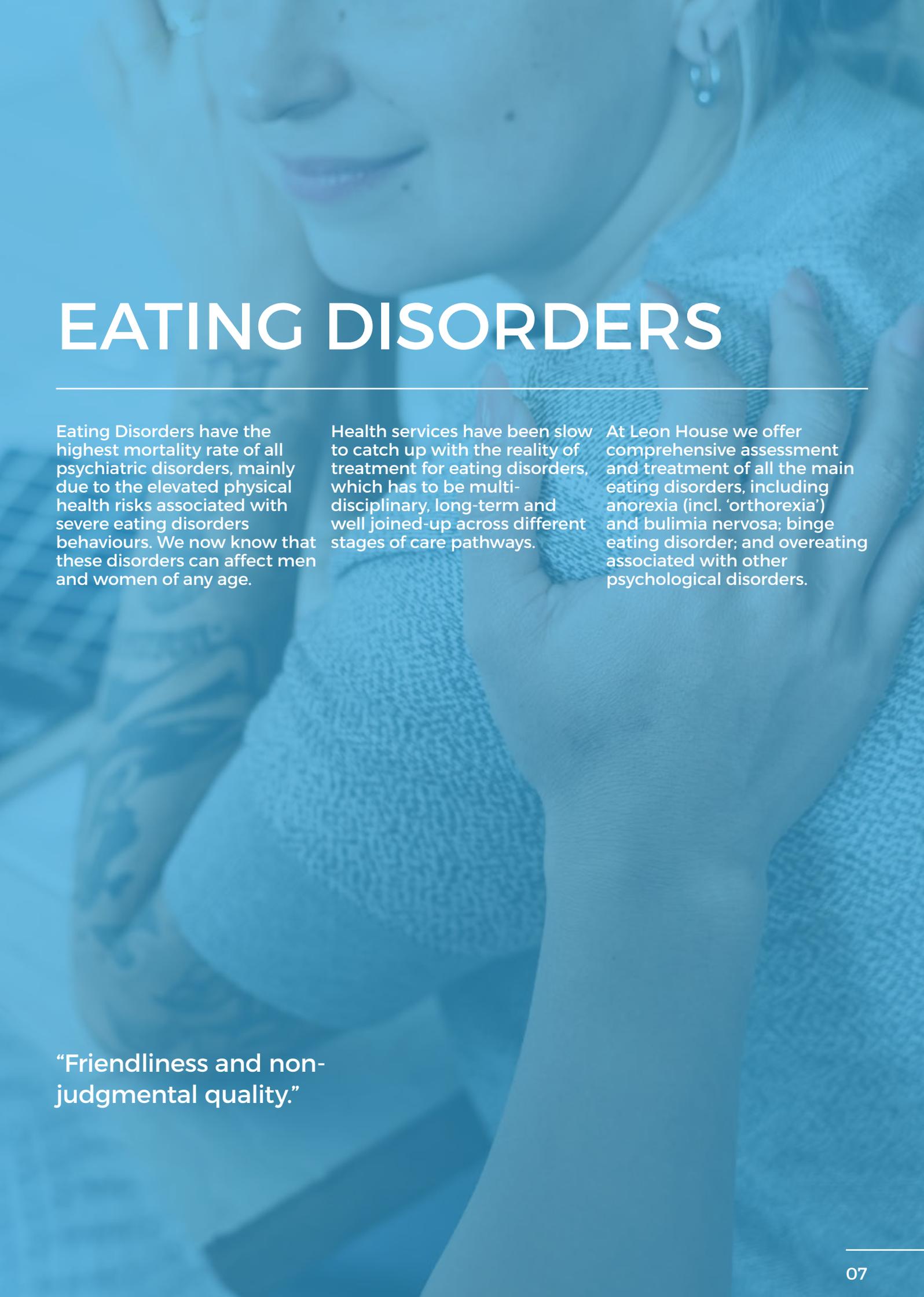
The perinatal period is a particularly vulnerable time for any woman. It is associated with a high prevalence of mental health problems. Clinically, assessing and treating women in the pre- and post-natal periods requires particular expertise. Some of Cognacity at Leon House's highly experienced psychiatrists have a particular interest in perinatal care.

## MEDICOLEGAL PROBLEMS

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The interface between Mental Health and the Law requires particular expertise. Several of our psychiatrists are forensic specialists and collectively we have been involved in many high-profile forensic psychiatry cases.

“Cognacity consultants have been the keystone to my recovery. They are always there (even by phone) when I need them and have worked with me to create an ongoing programme of support that extends way beyond medication. They have a very gentle and understanding approach and I couldn't recommend them more highly.”



# EATING DISORDERS

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Eating Disorders have the highest mortality rate of all psychiatric disorders, mainly due to the elevated physical health risks associated with severe eating disorders behaviours. We now know that these disorders can affect men and women of any age.

Health services have been slow to catch up with the reality of treatment for eating disorders, which has to be multi-disciplinary, long-term and well joined-up across different stages of care pathways.

At Leon House we offer comprehensive assessment and treatment of all the main eating disorders, including anorexia (incl. 'orthorexia') and bulimia nervosa; binge eating disorder; and overeating associated with other psychological disorders.

“Friendliness and non-judgmental quality.”

# PSYCHOLOGICAL THERAPIES

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There are many 'brands' of psychotherapy, each being particularly suitable for a given individual, with his/her unique history, problems and circumstances.

We have brought together a range of clinicians who, although eclectic in their approach have particular expertise in one, or a few kinds of psychological treatments.

## **Evidence-based psychological therapies that are available at Leon House include:**

- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Interpersonal Therapy (IPT)

- Dynamic Interpersonal Therapy (DIT)
- Other short-term Psychodynamic Therapies
- Eye Movement Desensitisation and Reprocessing (EMDR)

- Motivational Interviewing
- Mindfulness-based Therapies
- Family and Couples Therapy

**It is a particular skill to be able select for each individual the kind of therapy that is most likely to help. At Leon House we discuss psychological treatment options in detail, explaining the pros and cons of each, so that clients are fully in the driver's seat of their care.**

**"A comforting and pleasant environment that is not too clinical."**

# SPORT MENTAL HEALTH

Athletes need to be mentally resilient to perform at the top of their game. Our experience shows that the demands of performing and periods of transition (injury, relocation, loss of form etc.) are incredibly stressful and can lead to a range of mental health problems. Research has shown that elite athletes have similar rates of mental disorder to the general population.

Cognacity at Leon House are the UK's leading provider of Confidential Counselling in Sport. Working with clubs, player associations and governing bodies our goal is always to protect sports most valuable assets - the players and athletes.

Our national team provide 24/7 support in: Football, Cricket, Rugby Union, Rugby League, Tennis, Golf, Horse Racing, Athletics, Rowing, Cycling, Boxing, Waterpolo, Swimming and Hockey. We also run educational workshops for players, coaches and support staff on mental awareness, mental wellbeing and resilience.

Cognacity at Leon House consult to a range of sporting bodies advising on mental health strategy and we supported the drafting of the Charter for Mental Health in Sport and Recreation.

## We are proud to work with:

- Lawn Tennis Association
- European Tour
- Rugby Football Union
- UK Athletics
- League Managers Association
- Player Associations in cricket, rugby & rugby league
- FIFPRO Professional Players Federation
- Premiership & Championship Rugby Teams
- Premier League & other professional football teams
- International Rugby Board
- England & Wales Cricket Board
- Professional Jockeys Association
- Various GB Olympic sports



Cognacity at Leon House were honoured to be the on-call Psychiatric Specialists for the London 2012 Olympics and Paralympics.

# OCCUPATIONAL PSYCHIATRY SERVICES

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Mental health problems are an important cause of absenteeism, presenteeism and high staff turnover, and can also have indirect adverse consequences in the workplace: distress caused to colleagues, loss of management time, lowering of morale, negative effects on team dynamics and loss of valuable trained staff.

Leon House's team of mental health experts works with organisations and individuals to provide a range of expert occupational support and advice.

**We work with employees, line managers, Human Resources and Occupational Health to provide:**

- Comprehensive mental health assessments on employees
- Accurate diagnosis, prognosis, treatment advice and onward management informed by current NICE guidance and other emerging high quality evidence

- Medico-legal reporting to organisations for employment tribunals
- Pre-recruitment/ promotion psychometric assessment
- Organisational consultancy on psychological wellbeing programmes

- Detailed reports focused on occupational functioning
- Holistic care that protect and support employees and their companies
- Advice to organisations on challenging employees

**Our ultimate aim is the return to the workplace of well people who will be able to add value to your business.**

“Clear, decisive, forward thinking – good practical advice with lots of points to action and homework.”

# BUSINESS RESILIENCE

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Our work engagement and productivity are closely linked to our psychological wellbeing. Today, mental health problems are responsible for 40% of workrelated sick leave in the UK, costing the UK economy around £15.1 billion per annum in workplace absenteeism, 'presenteeism' (being at work, but achieving little due to sub-optimal health) and high staff turnover.

**Cognacity at Leon House work with corporate organisations to maximise their resilience and the resilience of their staff in many ways, including:**

- Strategic advisory input on a corporate mental health strategy
- Comprehensive clinical treatment including 24/7 Confidential Counselling Service
- Occupational Psychiatry Service

- Mental Health First Aid & Mental Health Awareness Training
- Resilience Training Workshops and Individual Resilience Coaching

**Our Resilience Workshops include the following:**

- Sustaining High Performance
- Performance under Pressure
- Leading for Resilience
- Technology Wellbeing & Performance

- Active Mindfulness
- Psychology of Habits
- Thriving through Change

“Love and work are the cornerstones of our humanness.” Sigmund Freud

# MAKING A REFERRAL

**Cognacity at Leon House accept referrals from a variety of sources:**



“The appointment was arranged very quickly.”

- General Practitioners (GPs)
- Hospital Specialists
- Practitioners of Allied Disciplines
- Occupational Health
- Human Resources (HR)
- Educational Organisations
- The Criminal Justice System

We also accept self-referrals where ethically appropriate.

As a professional wishing to refer a client to Cognacity at Leon House, you can write to an individual clinician or consult with our receptionists to identify the first available appropriate clinician.

We provide a rapid access service for all new referrals - routine within five working days and emergencies the same day.

During the initial consultation, patients will receive a thorough assessment followed by a diagnosis, prognosis and treatment plan. If indicated, further investigations will be organised at this initial appointment, including blood tests, MRI brain scan, ECG and neuropsychological testing.

# OUR CLIENTS

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## **Our patients include:**

UK-based individuals and families, international patients, business leaders, managers and employees from corporate organisations, the clergy, educational organisations such as schools and universities, elite sportsmen and women and sports organisations.

## **Seeking help to:**

Deal with all kinds of psychological problems, maximise performance and minimise stress-related problems.

## **Languages we speak:**

English, Italian, German, French, Spanish, Bulgarian, Afrikaans, Urdu, Hindi and Punjabi.



# FEEES

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## Wellbeing

|  |      |
|--|------|
| Initial Psychiatric Assessment             | £350 |
| Follow up Psychiatric Appointment          | £200 |
| Psychological Therapy Session (Individual) | £205 |
| Psychological Therapy Session (Couples)    | £250 |

## Forensic

|                                   |         |
|-----------------------------------|---------|
| Psychiatric Assessment and Report | £350 ph |
|-----------------------------------|---------|

## Corporate

Please call us to discuss an assessment for your organisation's needs.

## Private Medical Insurers

Private Medical Insurers Medical Insurance companies we are recognised by:

- BUPA
- AXA-PPP
- Cigna
- AVIVA
- Vitality
- WPA
- Allianz
- HTH



“Very good  
surroundings  
and top class  
consultants.”

# CONTACTING US

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## **By telephone** (9am to 7pm)

General enquiries: 0333 939 8321  
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