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Private Psychotherapy Referral Form

This form is intended for use by healthcare professionals and other referrers. Please ensure you have the client's consent before sharing any information.

1. Referrer Details

Name:

Professional Role / Organisation:

Email Address:

Telephone Number:

2. Client Details

Client Name:

Date of Birth (optional):

Email Address:

Telephone Number:

Is the client aware of and consenting to this referral? Yes No

3. Reason for Referral

Please briefly describe the main reasons for referral and any relevant background information:

4. Presenting Difficulties (tick all that apply)

<input type="checkbox"/> Anxiety / Panic	<input type="checkbox"/> Grief / Loss
<input type="checkbox"/> Depression / Low Mood	<input type="checkbox"/> Self-esteem / Identity
<input type="checkbox"/> Trauma / PTSD	<input type="checkbox"/> Neurodiversity-related concerns
<input type="checkbox"/> Stress / Burnout	<input type="checkbox"/> Other (please specify):
<input type="checkbox"/> Relationship Difficulties	
<input type="checkbox"/> Attachment Issues	





5. Risk Information

Are there any **current or recent risks** the therapist should be aware of? (e.g. self-harm, suicidal ideation, safeguarding concerns)

- No known risks
- Yes (please provide details below): _____

6. Current Support

Is the client currently receiving any other support?

- GP
- Psychiatrist
- Medication
- None
- Other (please specify): _____

7. Practical Information

Preferred Session Format:

- In-person
- Online
- Either

Availability (days/times):

Any accessibility needs or reasonable adjustments?

8. Additional Information

Any other information you feel would be helpful for the therapist to know:

9. Declaration

I confirm that the client has given informed consent for this referral and for their information to be shared for the purpose of arranging psychotherapy.

Referrer Signature:

Date:

Please note: This referral does not guarantee availability or suitability. An initial assessment may be required before therapy can begin.

