

APPLICATION FOR SELF-FUNDED THERAPY AND SUPPORT

Self-funded therapy and support

ABOUT BLACKTHORN

The Blackthorn Trust is a trusted and long-established Health and Community Hub offering holistic/anthroposophical therapies with experienced therapists. We support a range of long-term health conditions including chronic pain and mental health. You may contend with a condition such as long covid, pain or ME or struggle with fatigue, insomnia, stress or anxiety.

We offer placements over several months and allow time to gain the strength and resilience people need to live a more fulfilling life.

THE SELF-FUNDED PROCESS

If you would like to engage with one of our programmes, please complete the following application form. On receipt of the completed form and initial assessment payment (see below) a member of our therapy team will contact you to set up and initial assessment appointment. We may need further medical information from you depending on your condition(s).

How to pay

The initial assessment fee is £80 and payable ahead of this appointment via Blackthorn Trust. On request, we can send you a link to pay online or you can call in to the trust office to pay by card. Cash payments can also be taken in the office.

Initial appointment

During your initial appointment the therapist will take a background history and discuss and explain the options that are appropriate and available to you. Your programme and session dates may be decided in this initial session, or we may wish to discuss your application in the wider therapy team. In this case we will aim to contact you again as soon as possible after our next team meeting to propose a plan.

After your initial appointment

If you agree with the proposed plan, you will need to pay for your scheduled sessions ahead of time. If your dates/schedule has not been arranged at this point you will be contacted to schedule your session dates.

Previous therapy with Blackthorn

If you have been on a Blackthorn Trust programme and in receipt of a therapy within the last 12 months, you may want to access some self-funded top up sessions. This means that you may not require the full initial assessment appointment.

Applicant details	
Name	
Date of Birth	
Address	
Postcode	
Email	
Home phone	
Mobile number	
Application date	

Next of Kin	
Name	
Relationship to applicant	
Address	
Postcode	
Phone number	

Relevant Professionals	
GP	
GP Name	
Address	
Phone number	
Care Co-ordinator	
Name	
Address	
Phone number	
Other support (external agencies)	
Name	
Address	
Phone number	

Your health

Please tick below to indicate your current health diagnosis/condition(s) and then provide more information in the box below

Mental health	
ADHD	
Anxiety	
Autism	
Bi-polar	
Depression	
Eating disorder	
OCD	
Personality disorder	
PTSD	
Schizophrenia	
Addictions	
Phobias	
Other (please detail in box below)	

Chronic Pain	
Muscular Skeletal problems	
Fibromyalgia	
Headache/Migraine	
Back Pain	
Other conditions	
Long Covid	
ME	
Neurological conditions	
Respiratory conditions	
Digestive problems	
Sleep disorders	
Accidents/Injuries	
Other (please detail in box below)	

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Are you awaiting surgery? Yes No

Are you recovering from surgery? Yes No

Please give brief further details about your surgery below (if applicable)

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Further health information

Please use this space to tell us about your current/other health challenges and how they affect your life (please add additional pages if necessary)

Goals

What do you wish to gain from treatment at Blackthorn