



## The Sloane Court Clinic at The Awareness Centre

### Psychiatric Clinic with Dr Roger Howells

The Sloane Court Clinic at the Awareness Centre provides clinical assessment for individuals with a range of problems – depression, anxiety, panic, stress, emotional dysregulation, low distress tolerance, and many others conditions.

Dr. Roger Howells has fifteen years consultant-level expertise of the modern management of psychiatric and psychological disorder. He was formerly a consultant psychiatrist at the Maudsley Hospital, where for twelve years he was engaged in the treatment of adult psychiatric patients both in an inpatient and community/outpatient setting. He is skilled in the management of both minor and severe mental illness.

[Dr Roger Howells Clinical CV](#)

### What is Psychiatry and what happens in a consultation?

A psychiatrist is a doctor who specialises in mental health problems and is trained to deal with the prevention, diagnosis and treatment of mental and emotional disorders. A consultant psychiatrist is a doctor who has reached a senior position in terms of qualifications, treating people, training other doctors and helping to organize and run services (see [Royal College of Psychiatrists](#)).

Individuals undergo an initial psychiatric assessment in which the history is taken of the problem in relation to their current life and commitments, as well as more developmentally to look at the relevance of the experience of growing up and other life experience.

Due emphasis is placed on excluding any physical contribution to the presentation and/or the presence of any aggravating factors such as the use of alcohol or substances. Where relevant the physical evaluation will include obtaining a set of screening blood tests to exclude a biochemical, endocrine or other disorder.

The presenting situation is formulated and discussed with the person. A frequent presentation is that in which a broadly emotionally healthy person gets overwhelmed by life pressures, with the presenting symptoms of anxiety, depressive mood change and/or emotionality – an essentially normal reaction to ongoing stress - what is called an Adjustment Disorder of which bereavement is a good example. Advice is given on the range of treatments available and their pros and cons.

Ample time is made available for the discussion of the presenting symptoms and considerable emphasis is put on explaining the nature of the assessment and treatment process, whether purely psychiatric / pharmacological, or involving psychological

treatment too. Ongoing treatment, monitoring and supervision are undertaken. An aspect of this, where relevant, is seeing the spouse, family or carer of the presenting individual.

Treatment is generally of the 'outpatient' type, though when necessary inpatient treatment can be arranged, as can treatment with non-statutory organizations like AA, or with other community based statutory or non-statutory health organizations. We have very close working relationships with a large group of psychiatrists, psychologists, counsellors and other professionals working independently and also within the National Health Service and when necessary can refer individuals to such colleagues for specific treatments that we do not presently provide. Eating disorders is a current example.

Urgent appointments are generally available, and telephone access to staff can be arranged between appointments where this is needed. Generally face-to-face contact is found to be better in most circumstances.

Prescriptions can be arranged for our patients through the clinic or through an individual's family doctor. Dr Howells and colleagues attend courses on up-to-date psychiatric prescribing and psychotherapies as part of their continuing professional development.

### **What conditions are treated?**

Adjustment disorder	Adult Attention Deficit Disorder
Adult Attention Deficit Hyperactivity Disorder	Alcohol dependence
Alcohol related problems	Anxiety
Anxiety associated with physical ill-health	Autistic Spectrum Disorders (adults)
Behaviour problems	Bereavement
Bipolar Disorder	Complications of psychiatric medication
Compulsions	Depression
Fatigue states	Hallucinations
Mania	Marital difficulties
Memory and Cognitive problems	Obsessions
OCD	Panic Disorder
Paranoia	Personality disorder
Phobias	Post traumatic stress disorder (PTSD)

Psychosis	Recurrent depression
Relationship difficulties	Resistant depression
Schizophrenia	Sexual Trauma
Stress	Student health
University adjustment problems	University associated stress
Work and occupational stress	

## How is an appointment arranged?

Dr Howells and colleagues are able to see adults of 18 years or older. It is policy not to operate a waiting list.

It is requested that individuals seeking an appointment ask for a general practitioner referral. If using insurance this is always required by insurance companies who will then give an authorization number for treatment.

Dr Howells and colleagues are recognized by all UK and many foreign insurance companies.

Who should I contact to make an appointment?

General enquiries may be made at the Awareness Centre reception – 020 8673 4545. Appointments are booked or changed through the Sloane Court Clinic appointments line 020 7730 5945. Appointment enquiries may be made via [email](#).

## Where can I find more information?

The [website](#) of the Sloane Court Clinic at the Awareness Centre offers a list of conditions treated, self-help information and other resource information. You will also find [Frequently Asked Questions](#), among the FAQ's will be found answers to questions such as:

- Do I need a referral from my family doctor(GP)?
- How much do appointments cost?
- What Insurance companies do you work with?

