



Dr Andrew Parker
Consultant Pyschiatrist

www.drandrewparker.com

Clinic Guide

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About me

I am a Consultant Psychiatrist, based in Marylebone, London. I have been working in private practice since 2007, and in mental health since 1998. Until 2010 I also held a substantive Consultant post in the NHS at St George's running an award winning assertive outreach team.

I treat a wide range of conditions in adults from mild to severe depressive disorders, anxiety and stress-related conditions, bipolar and bipolar spectrum, ADHD, psychosis, complex disorders and addictions, especially alcohol and 'party drugs' such as cocaine and other stimulants.

My postgraduate training was at the Maudsley Hospital and Institute of Psychiatry, London, where I contributed to teaching and research. I studied Medicine at Guy's & St Thomas' Hospital, London. In addition I have a first class degree in Psychology and a Masters degree in Philosophy of Mind.

Much of my work is helping people to come through a severe life crisis or illness as smoothly as possible, or to achieve better stabilization from a recurrent problem. I take an evidence-based and person-centered, pragmatic approach. I deal with straightforward and highly complex problems.

My qualifications reflect my lifelong interest in all aspects of the human mind, especially the deeper aspects of what it is to be human. I look beyond the psychiatric medical model for wisdom, and I am very optimistic about people's capacity for transformation and growth.

Academic & Professional

BSc Bachelor of Science; First Class, Psychology. London.
MB BS Medical Degree with distinctions. London.
MA Masters with distinction. Philosophy of Mind. Warwick.
MRCPsych Member of the Royal College of Psychiatrists

Section 12 approved under the Mental Health Act (1983/2007)

General Medical Council

- Specialist register for General Adult Psychiatry & Substance Misuse Psychiatry

Member, British Association of Psychopharmacology

Member, British Medical Association

Selected Publications

Parker AJR & Mitcheson L (2007) *Beginning Recovery*. A 40-page self-help book created for families and patients affected by substance misuse.

DOWNLOAD available at www.drandrewparker.com/addictions

Parker AJR (2011) An Introduction to Group Twelve Step Facilitation: Breaking Barriers and Myth Busting. In *The Principles and Practice of Group Work in Addictions*, Ed. Hill R & Harris J. Routledge.

Parker AJR, Marshall EJ & Ball, DM. (2008) Diagnosis and management of alcohol use disorders. *British Medical Journal* Vol 336: 496-501.

Parker, AJR., Andrew C, Giampietro V, Williams, SCR, & Phillips, M L (2002). Threat perception in paranoid schizophrenia: An fMRI study. *Schizophrenia Research*, Vol 53(3), 115 - 116.

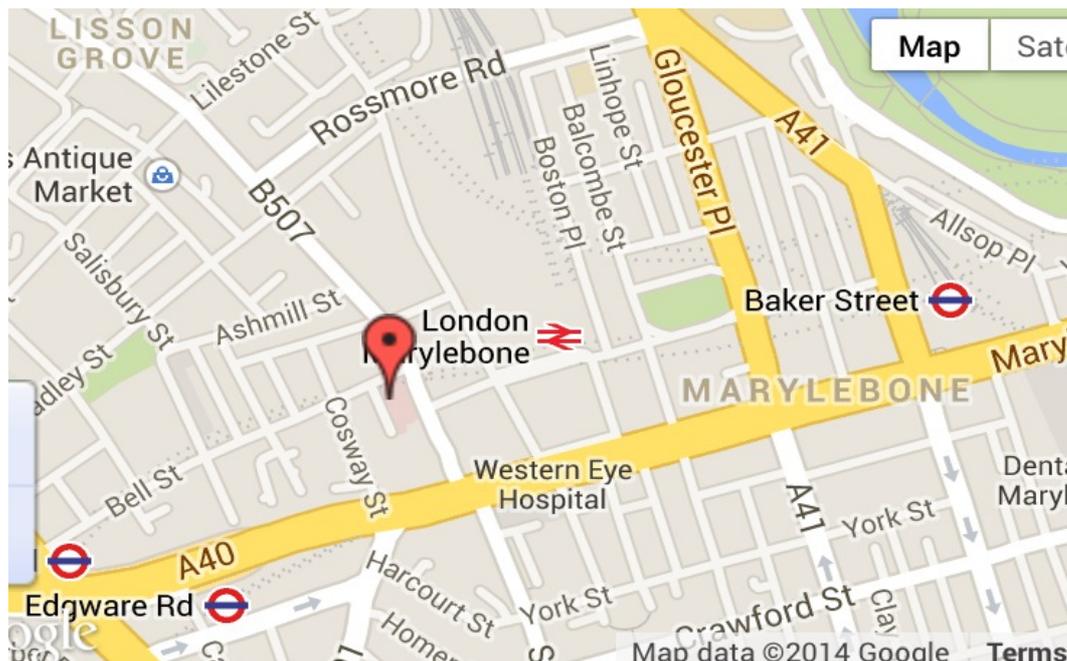
Parker AJR, Cleare A & Wessely S (2001). The Neuroendocrinology of Chronic Fatigue Syndrome and Fibromyalgia. *Psychological Medicine*. Vol 31(8), 1331-1345.

Parker AJR. (2007) Sexual Disorders. In *The Mind: A User's Guide*, Ed. Raj Persaud. Transworld.

About my Clinic

My consulting rooms are situated at *Edward House*, adjacent to Nightingale Hospital, the leading private mental health provider in Central London. Although independent of Nightingale, I am one of their approved consultants and have admitting rights to the hospital and all of their services. I work closely with Nightingale's Psychological Therapy department and also with other psychologists across London. My aim is always to find the best and most convenient form of treatment for the individual.

Consulting Rooms



7 Lisson Grove
Marylebone
NW1 6SH

Closest tube stations are Marylebone (2 mins walk), Baker Street (10mins), Edgware Road (8 mins). Street parking is usually available.

Home visits can be made on request when appropriate, but will incur extra cost.

New Referrals and Enquiries:

Tel: **0207 535 7900** (7700 out of hours)

Fax: **0207 724 8115** (please email or call to alert)

Andrew.parker@nightingalehospital.co.uk

Or via the website: www.drandrewparker.com

Main clinic times

Monday 8am-7pm

Wednesday 8am-7pm

Friday 8am-6pm

Sat morning on request

Evenings available on request. Urgent new assessments can be accommodated at other times. Please call **0207 535 7900** or **7700** or email:

Andrew.parker@nightingalehospital.co.uk

Phone & Skype consultations

Skype and Phone consultations for follow-up are available for patients who have completed assessment and who are low-risk.

Skype can be used for initial assessment in some cases, which are low risk and not complex. Face to face meeting is preferred.

Dr Parker may refuse skype or telephone consultations depending on the details to ensure safety and good quality of care.

Crisis availability and Crisis resources

My normal working hours are Mon-Fri 9-6pm and during those times urgent messages can left for me on **020 7535 7900 or 7700.**

I cannot offer a 24 hours or out of hours crisis service. However, if I am available by phone, or for an urgent consultation then I will endeavor to help. If I am not available and urgent help is required then the following options are available:

- Contact your NHS or Private GP out of hours service
- Contact or attend your local Accident & Emergency Department
- Contact Nightingale Hospital, if you think an admission may be appropriate.

Fees & Payments

Please ask for a copy of the current fees. I am approved by all of the major health insurance companies. Patients with non-UK based policies may be asked to pay in advance, and then claim back.

Invoices can be paid by online banking, credit card, Paypal, or cheque. All self-pay invoices must be paid within 7 working days of the appointment.

If you are an existing patient and are having difficulty paying an invoice, then I ask that you discuss it with me at your earliest opportunity.

Cancellation policy

Appointments must be cancelled **at least 24 hours** in advance, preferably earlier, otherwise the full cost of the appointment will be charged to you directly (not to the insurer), unless there are exceptional circumstances.

Conditions Assessed and Treated

Mood disorders

- Depression - all spectrums of severity
- Severe or recurrent depression
- Treatment resistant depression
- Seasonal affective disorder (SAD)
- Bipolar affective disorder – all spectrums of severity
- Emotionally unstable personality

Anxiety Disorders

- Acute stress and Adjustment reactions
- Panic disorder
- Generalized anxiety disorder (GAD)
- Obsessive-Compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Social anxiety disorder
- Hypochondriacal disorder

Psychotic disorders – whole spectrum

- Drug-induced
- Acute, relapsing or severe

Alcohol, Drugs & other Addictive behaviours

- Alcohol dependence and problematic use
- Stimulant and 'Party drug' dependence and problematic use (e.g. cocaine, metamphetamine, GHB, ketamine, ecstasy/MDMA, mephedrone)
- Cannabis use
- Addictive use of sex or pornography
- Problem gambling
- Addictive use of internet

Specialist assessments (May require two one hour assessment appointments)

- Adult Attention Deficit Hyperactivity Disorder (ADHD)
- Doctors and Health professionals with mental health problems
- Complex and co-morbid conditions
- Chronic Fatigue Syndrome

Areas of special interest

- Alcohol dependence
- Addiction therapy 1:1
- Mood disorders
 - Stepped medication management for treatment-resistance
 - Enhancing self-management strategies
 - Optimising sustained remission for long-term well-being
- Non-medication methods to combat depression and anxiety

Forms of treatment

I deliver the following forms of treatment myself:

- Expert assessment and treatment planning
- Medication advice, prescribing and monitoring
- Out-patient supportive and motivational therapy
- Mindfulness meditation coaching
- Psychological treatment for addiction (12-Step, CBT, Relapse Prevention)
- Guided self-help approaches (including basic CBT)
- Risk management
- Family meetings and case conferences

I work with psychologists, psychotherapists and with Nightingale Hospital where the following are required:

- Depth or long-term psychotherapy
- Expert CBT
- Daycare group therapy
- In-patient admission (e.g. detox, stabilization, initiation of treatment)
- Specialist and adjunctive therapies (e.g. Cognitive-Analytic Therapy, EMDR, Sleep therapy, Mindfulness groups, Art therapy, Well-being therapies,)

Treatment Philosophy

I aim to combine these elements in all my clinical work:

- A person-centered approach – building a strong therapeutic relationship
- A scientific approach, taking account of the best available evidence and expert consensus guidelines (e.g. NICE)
- Knowing the person well enough to situate the clinical problem in context, to make best use of their strengths and resources.
- Enhancing the person’s ability to self-manage their condition, with or without medication.

I believe Psychiatry, as a profession, must have humility for the simple reason that the most significant aspects of the human mind (consciousness, free will, and value) remain a deep mystery. They cannot be fully explained by the physical make up of the brain. Thus whilst talk of “chemical imbalances” or the “brain misfiring” may be convenient shorthand, they are very limited metaphors.

The biological, psychological, spiritual and social dimensions are all of importance and interact.

I encourage longer-term solutions rather than just quick fixes. The longer-term solutions usually entail significant change and require courage and perseverance. The best outcomes seem to come from a very collaborative approach, with the person progressively taking greater charge of their recovery.

Useful websites and smartphone apps

<http://helpguide.org/>

- High-quality general information on mental health problems and self-help advice.

<http://www.patient.co.uk/dils>

- Reliable basic medication information.

<http://www.blackdoginstitute.org.au>

- Excellent Australian resource on Depression and Bipolar

<http://www.dbsalliance.org>

- Excellent Chicago based site on Depression and Bipolar
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<http://www.bipolar-foundation.org>

- A UK-based Bipolar information site.

<http://www.nightingalehospital.co.uk>

- Leading provider for mental health in Central London.

<http://www.headspace.com>

- Fun introduction to mindfulness meditation. **App available.**

<http://www.mappiness.org.uk>

- Easy to use free smartphone app for basic mood and stress monitoring. **App available.**

<http://www.thementalelf.net/>

- High-quality digest of recent evidence base. **App available.**

<http://www.nice.org.uk>

- Evidence-based guidelines for the UK. **App available.**

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Referrals:

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w: www.drandrewparker.com