

Cario Nightingale Hospital awarded unique BACP Accreditation

- Hospital is the only private acute mental health hospital to be accredited for its counselling and psychotherapy services

Cario Nightingale Hospital, London's leading, independent, mental health treatment centre, is the first acute mental health hospital to have been formally accredited by the British Association for Counselling and Psychotherapy (BACP) for its counselling and psychotherapy services.

Talking therapies are an important cornerstone of the cross-government mental health strategy *No Health Without Mental Health* with the Coalition making a commitment to invest £400m over the next four years (until 2014/15) by which point it has been agreed that any adults requiring treatment will have access to psychological therapies to treat anxiety disorders and depression. However, as things stand, there is a national shortage of Cognitive Behavioural Therapists and with evidence showing that therapy can offer better long-term prospects for depression and anxiety patients than straight medication (not to mention the economic benefits of patients returning to work faster), it is for the private sector – and hospitals such as Cario Nightingale – to set a best in practice example.

The BACP is the largest professional body representing counselling and psychotherapy in the UK, with its accredited members all required to meet the highest standards. Cario Nightingale Hospital's accreditation follows an extensive period of self-assessment carried out over 12 months which comprehensively evaluated the hospital's policies and procedures, including its operational policies, procedures, administration and management, staffing structures, governance and training, publicity material, patient involvement, feedback and evaluation, health and safety, equal opportunities and clinical outcomes.

In each of these categories, Cario Nightingale Hospital was judged to have more than met the required criteria and it is now formally recognised as a centre of excellence in counselling and psychotherapy, setting a new benchmark for services offered by private acute mental health hospitals.

Commenting on the accreditation, JJ O'Connor, Clinical Services Director at Cario Nightingale Hospital said: "*Cario Nightingale Hospital is proud to offer a high-quality service within a dynamic and multi-skilled environment. We are committed to offering our patients the highest standards in counselling and psychotherapy alongside other services offered at the hospital and this external validation clearly reinforces this.*"

Lorraine Gardner, Lead Therapist at Cario Nightingale Hospital commented: "*Our accreditation is important not only for our therapists to know that they are part of a highly-skilled, and experienced team, but also for our patients who can be reassured that the care they receive is guaranteed to be of the highest quality.*"

Please click [here](#) to see Cario Nightingale's entry in the BACP's Accredited Service Directory.

For more information:

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Notes to Editors:

Cario Nightingale Hospital is the leading independent mental health hospital in central London. They are experts in treating individuals with mental health or emotional issues through their highly experienced Consultant Psychiatrists, Psychologists, Specialist Therapists and Nurses. The hospital's multi-disciplinary teams offer evidence-based and individually tailored treatment programmes for outpatients, inpatients and day care patients. To view their extensive range of services, therapies and enhanced treatments please visit www.nightingalehospital.co.uk.

Cario Nightingale Hospital...Building confidence and well being in a safe and healing environment