

# ANGLO EUROPEAN CLINIC

Fast access to effective psychiatric treatment in London and South Essex

London and Leigh on Sea 1/5/2011

Dear Dr

As you are aware the Anglo European Clinic started in May 2009. We are committed to providing fast access to effective treatment for psychiatric/psychological conditions. Doctor's appointments are available within a week after referral and therapist's appointments are available within a week thereafter. All our therapists are highly experienced and qualified. Treatment is given at a time that is suitable for the client (evening and weekend appointments available). Since our start we have been happy to receive an ever-increasing number of referrals and an increasing number of patients have been treated.

*Dr Lars Davidsson MRCPsych, FRSM, MEWI  
Consultant Psychiatrist, Medical Director*

## Qb Test - a new way of diagnosing and monitoring Adult ADHD

For a long time ADHD was considered to be rather rare condition only effecting children and adolescents. However during the last decade, attention-deficit/hyperactivity disorder (ADHD) has been largely reconceptualised as a lifespan disorder and not merely a condition of childhood.

ADHD is characterized by deficits in sustained attention or persistence, resistance to distraction, voluntary motor inhibition, and the regulation of activity level relative to same-aged peers (*American Psychiatric Association, 2001*). Originating in early childhood, ADHD is a relatively persistent condition. There are a difference of opinions to what extent the condition persists into adulthood however it has been stated that 80% of diagnosed children continuing to meet diagnostic criteria in adolescence and up to 67% continuing to have clinically significant symptoms of the disorder into adulthood (*Barkley et al., 2002*). Other authors would suggest lower figures.

Assessing whether an adult has ADHD can be difficult considering the high comorbidity of anxiety, dysphoria and depression (*Lomas & Gartside, 1999; Murphy & Barkley, 1999; Riordan, Flashman et al., 1999*). Behavioral manifestations of inattention and hyperactivity such as disorganization, restlessness, and distractibility are normal human characteristics that are also symptoms of many conditions commonly co morbid with ADHD (*Murphy & Adler, 2003*). Most commonly, these symptoms are assessed using highly subjective behavioral rating scales.

The NICE guidelines([guidance.nice.org.uk/CG72](http://guidance.nice.org.uk/CG72)) are extensive but in essence recommend that the diagnosis be made on the basis of a thorough clinical interview including objective developmental information when possible. There is in principal no difference in the diagnosis of children/adolescents or adults and the treatment is in principal the same (a combination of pharmacotherapy, psychotherapy (CBT) and psychosocial support). All these elements of treatment are already available through the Anglo European Clinic.

We are pleased to announce that from the beginning of April the Anglo European Clinic will be able to provide QbTest to our patients who have suspected or diagnosed ADHD. QbTest is widely used in Europe and is being used in a growing number of UK centres. It is an objective tool that measures all three core signs of ADHD – inattention, impulsivity and hyperactivity in patients between 6 and 55 years of age. The Anglo European Clinic only treats clients between above the age of 16The test will together with other clinical information give us a much better foundation for the assessment of ADHD. It will also help to guide our selection and evaluation of individually tailored treatment.

### Qb Test Nurses



*Phil Ross - ADHD Nurse*



*Toni Stacey - ADHD Nurse*

# For those who might have ADHD

## What is QbTest?

QbTest is a computer-based test that combines a test of attention ability with a movement analysis based on an infrared measurement system. Test results are assembled into a report and compared with norm data from other people of the same sex and age. This way the tester can see how you react when you concentrate on a task in comparison with people who do not have ADHD.

## Why should I take a QbTest?

The result of QbTest can provide valuable information to investigate:

- If you have ADHD
- If ADHD-medication will help you
- What medicine and in that case what dosage works best
- If a form of treatment without medications is preferable for you

## How does the test work?

The test is done in front of a computer screen. The test equipment consists of an infrared camera, a camera marker and a response button. During the test a number of symbols are shown at regular intervals on the computer screen. Your task is to push the responder button when the same symbol is repeated.

This is a common method for measuring attention and impulsivity, and at the same time the movement

pattern will be recorded. The test is very easy to perform and will be ready in 15 min for children and 20 min for adolescents. When the test is completed you and the investigator will go through and discuss the test results.

## Where can I have the test?

Initially the test will only be available at our clinic in Southend on Sea. The test is only available as a part of a full clinical assessment. In the future the test is likely to be available at our other consultation sites (Suite 4, 7 Harley Street and Priory Hospital Chelmsford)

## What is the cost of the test?

Usually you will have two tests (before and after treatment). These are charged at a cost of £125 each. If there is a need for further tests (as a part of medication monitoring) these will be charged at a cost of £75.

## Will the test be covered by my insurance provider?

This depends on your insurance cover.

## Links

[www.nhs.uk/Conditions/Attention-deficit-hyperactivity-disorder](http://www.nhs.uk/Conditions/Attention-deficit-hyperactivity-disorder)

[www.qbhd.org.uk](http://www.qbhd.org.uk)

[www.qbtech.se](http://www.qbtech.se)

[www.adhd.org.uk](http://www.adhd.org.uk)

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## Supervision

Supervision is a collaborative working relationship in which the personal resources of the supervisor and the supervisee are directed towards maximizing the competence, understanding and reflective processes of the supervisee thereby enhancing the client work. It is a central form of support where we can focus on both the positive and negative aspects of our work.

Supervision also forms part of our continual learning and development by helping us to recognise and use our own resources better, manage our workload and challenge inappropriate patterns or coping strategies.

### Supervision Provides:

- A regular space for supervisees to reflect on the content and process of their work
- Development and understanding of the work
- A containing relationship ensuring that one is not left to carry difficulties, problems and projections alone and where one can explore and express personal distress related to the work
- A supportive environment that allows for both content and process feedback
- The enhancement of the reflective capacity, to become pro-active rather than reactive
- An arena for ensuring the quality of one's therapeutic practice
- The opportunity to explore clinical and ethical dilemmas
- Research shows that good supervision correlates with job satisfaction (*Cherniss and Egnatios 1978*).

## Supervision can be provided as:

**Clinical** – this is for therapists who require regular supervision for their work with clients and to ensure they comply with their regulatory bodies guidance on supervision.

**Professional** – for those whose work would be enhanced by having a space to reflect on their role. In this capacity supervision provides a reflective and restorative function. Almost anyone can benefit but it particularly helpful for all those in the helping professions, nurses, teachers, social workers, managers and organizational heads or directors.

**Consultancy** – this is for more senior and experienced practitioners who are often supervisors themselves. This gives a confidential space in a more collegiate atmosphere where broader issues and dynamics can be discussed.

### Frequency

This can be offered on a weekly, fortnightly or monthly basis. Clinical supervision requires the most frequency to adhere to current recommendations for safe and ethical practice.

### Models

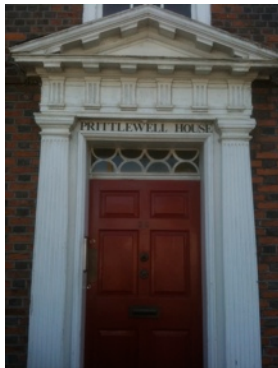
Practitioners at the Anglo European Clinic offer supervision in psychodynamic, psychoanalytic both group and individual, time limited/solution- focused and CBT.

Supervision can be provided to practitioners who work with adults or children/adolescents.

### Fees

Individual supervision is for 50 minutes at a cost of £60 per hour. Group supervision can also be provided in small groups of 3 at a cost of £40 per individual and runs for 90 minutes

All Anglo European clinicians abide by the codes and ethics of their regulatory bodies which include BACP, BABCP, BSP, UKCP and BAPPS. Please see our website for all the skills, experience and qualifications held by our supervisory staff.



Doctor Davidsson has recently acquired his own consulting rooms at **Prittlewell House**, 30 East Street, Southend on Sea. Prittlewell house is one of the oldest existing buildings in Southend on Sea dating back to the 18th Century. It has an interesting history and still contains a number of period features. It has been refurbished to a high standard providing excellent consulting facilities. Parking space is available.

## Appointments are offered at these venues:

- Kings Road Consulting Rooms, Westcliff on Sea
- Prittlewell House, 30 East Street, Southend on Sea
- Spire Wellesley Hospital, Southend on Sea
- The Dukes Priory Hospital, Chelmsford
- Suite 4, 7 Harley Street, London

### Our correspondence address is:

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[www.anglo europeanclinic.co.uk](http://www.anglo europeanclinic.co.uk)

*Consultations in English, Swedish and German*

### Consulting rooms at

Prittlewell House, 30 East Street, Southend on Sea,  
SS2 6LH, ESSEX  
Phone 0044(0)1702 464099  
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**Dorothee Williams**, Hamlet House  
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### Directors:

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