

NAFSIYAT CHOICE

About Nafsiyat

Nafsiyat helps people who experience psychological and emotional problems and find it difficult to access help due to several barriers, which might include areas such as, culture and language. We offer Intercultural Therapy, a unique approach delivered by therapists who work across cultures and languages and in some instances might share the patient's specific language and cultural background.

Nafsiyat Choice

Since 1983, we have provided interculturally tailored therapy to people in several North London boroughs through statutory contracts. We are now making our unique support available to a wider range of people through a new service called Nafsiyat Choice. We currently deliver individual therapy to people from any London borough on Monday and Tuesday evenings and at other times by arrangement. Our Choice therapy service is delivered on an open-ended and long-term basis.

Once you contact Nafsiyat letting us know you are interested in the Therapy we offer, we will contact you to offer you an assessment appointment. The assessor/therapist will explore and discuss your emotional needs and you will decide together how our therapy service can help. Upon the outcome of the assessment, you will then be referred to a suitable therapist who will contact you to offer you a weekly ongoing therapy session. Each session lasts 50 minutes.

Fee and methods of payments

The initial assessment session is £60. Our weekly fees are then between £40 and £60 per session depending on each individual financial situation, which will be determined during assessment. All fees are subject to a cancellation period of 2 working days. We accept payment by cash or card on the day of the appointment, or via BACS transfer.

How to find us

Our therapeutic centre is in a bright, welcoming building in North Islington, near Archway tube. There is local parking and our premises are accessible to those with disabilities.

Unit 4 Lysander Mews
Lysander Grove
London N19 3QP

Underground/Overground stations

Archway (Northern Line)
Upper Holloway (trains to Gospel Oak, South Tottenham)
Finsbury Park (Victoria and Piccadilly Line)

Buses

N°41, 210. Bus stop: Cressida Road

