

The Blue Tree Clinic

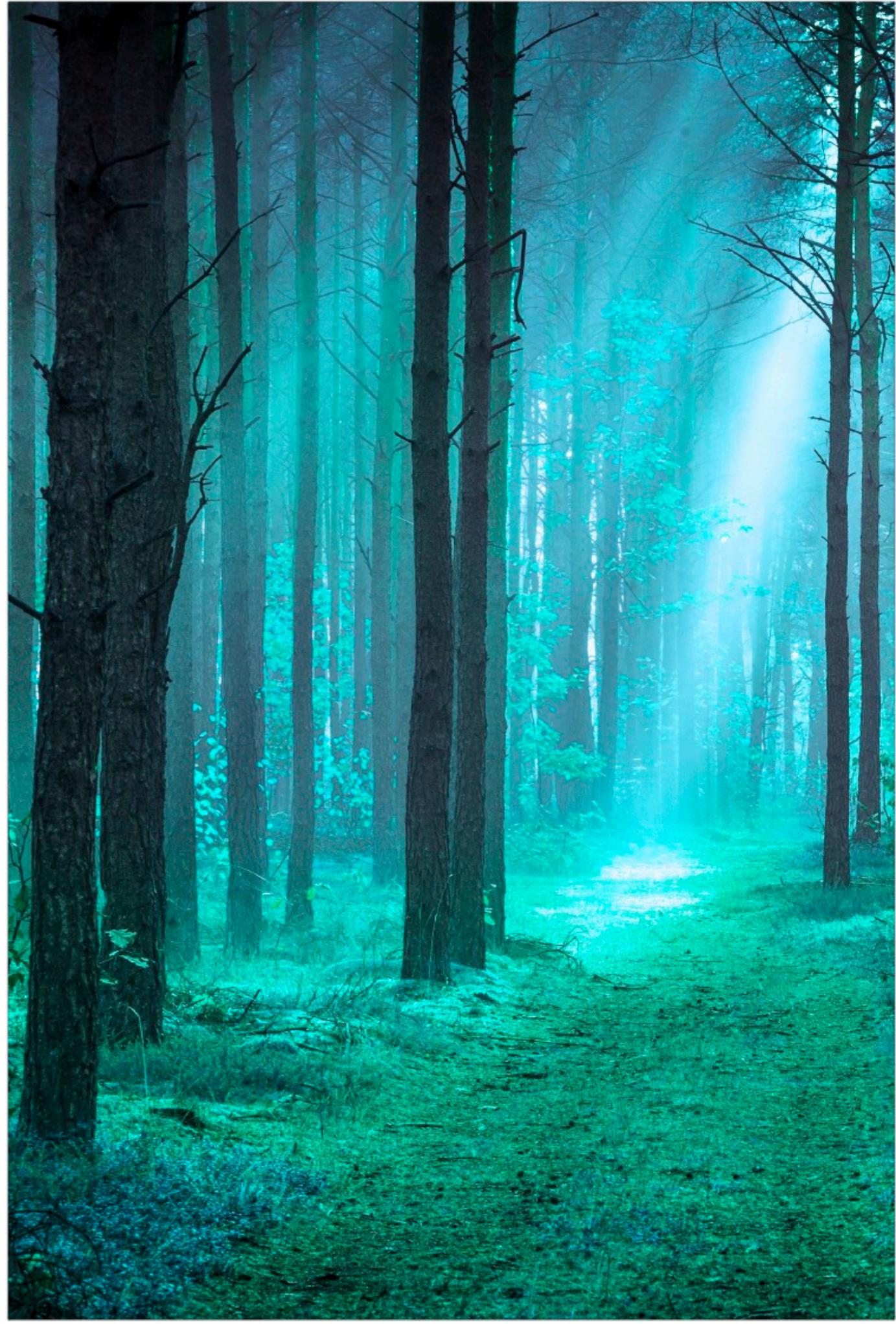
# What are we?

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- A non-urgent holistic mental health clinic

Comprised of:

- Psychiatrists
- Clinic Manager
- Psychologists
- Therapists
- Nutritionists
- Educational Psychologist



“Who are we?”

# THE BLUE TREE CLINIC

MULTIDISCIPLINARY TEAM THAT INCLUDES

CLINICAL  
PSYCHOLOGISTS



PSYCHIATRISTS



COGNITIVE BEHAVIOURAL  
THERAPISTS



THE BLUE TREE CLINIC



NUTRITIONISTS



PSYCHOTHERAPISTS



OCCUPATIONAL  
THERAPISTS



COGNITIVE BEHAVIOURAL  
HYPNOTHERAPISTS



WE HAVE COLLECTIVELY **OVER 100 YEARS**  
OF EXPERIENCE WORKING WITH MENTAL HEALTH CLIENTS

- We are professionals, who are trained to the highest standards and have worked in the NHS for many years.
- Between us, we have a collective experience of over 100 years of healing patients.
- All our staff hold up-to-date professional qualifications and are subject to annual appraisal and mandatory training.
- The Blue Tree Clinic respects and follows the 5 Fundamental Standards of the Care Quality Commission (CQC): safe, effective, caring, responsive and well-led.

- Our staff meets regularly to ensure continuous improvement, cultural awareness and accountability to all our clients.
- Our Clinic Director is a trained social worker and is our safeguarding lead.
- If our clients consent to it, we strive to offer additional support to our clients as part of our treatments plans, and we check on them when we may not have heard from them or their carers in a while, or they may be experiencing difficult times.
- We actively work with our patients while developing their treatment plan, explain the benefits and potential risks of any treatments offered, and always seek consent and input.
- We perform audit cycles and get feedback from all our clients to find out how we can improve our services for them.
- We triage incoming requests for appointments to ensure we offer the best and safest service for our clients.

## We are Effective

- We are proud of our 5-Star ranking across multiple portals, be it via direct patient feedback, email, on Trustpilot, Google Reviews, RateMDs or IWantGreatCare.
- Our feedback is real - we have testimonies from former clients who have kindly consented to provide audio and video feedback to help others.
- We have excellent outcomes of recovery and discharge plans for our clients.
- We use evidence-based clinical methods, medicine and therapies at all times.
- We innovate and think outside the box to help our clients.

## We are Caring

- Our staff are chosen for their communication skills, lived experience and professional experience.
- We treat our patients holistically and as individuals, not by mere diagnosis. This is how we empower patients to recover.
- As we live in a multi-cultural world, we cherish welcoming patients from all backgrounds and walks of life. This is why an awareness for diversity is integral in our clinic's working culture, as well as in our treatments.
- We respond without delay to all enquiries or problems that may arise for clients, and we are open 7 days a week.

# We are well-led and get great results

- Our clinic director is our safeguarding lead and is a trained social worker as well as a psychotherapist with years of safeguarding practice.
- Our medical director was trained in the UK, as well as at the prestigious Harvard Medical School in Boston, USA. Dr. Silvert practices evidence-based psychiatry and is rated the No.1 psychiatrist in London according to RateMDs.
- We can evidence that we engage all staff in decision-making and are proud of our 0%-Employee-Turnover.
- We perform internal audits and appraisal to constantly improve our services.

# We are Responsive

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- We act immediately on client feedback which is gathered after initial consultation.
- We operate a 24/7, 365 day a year phone service for clients in case of urgent enquiry.
- We email our clients usually within an hour in response to their questions.
- If you or your loved one does not attend a session, we will contact them immediately to check on their welfare.

“What are your staff trained in?”

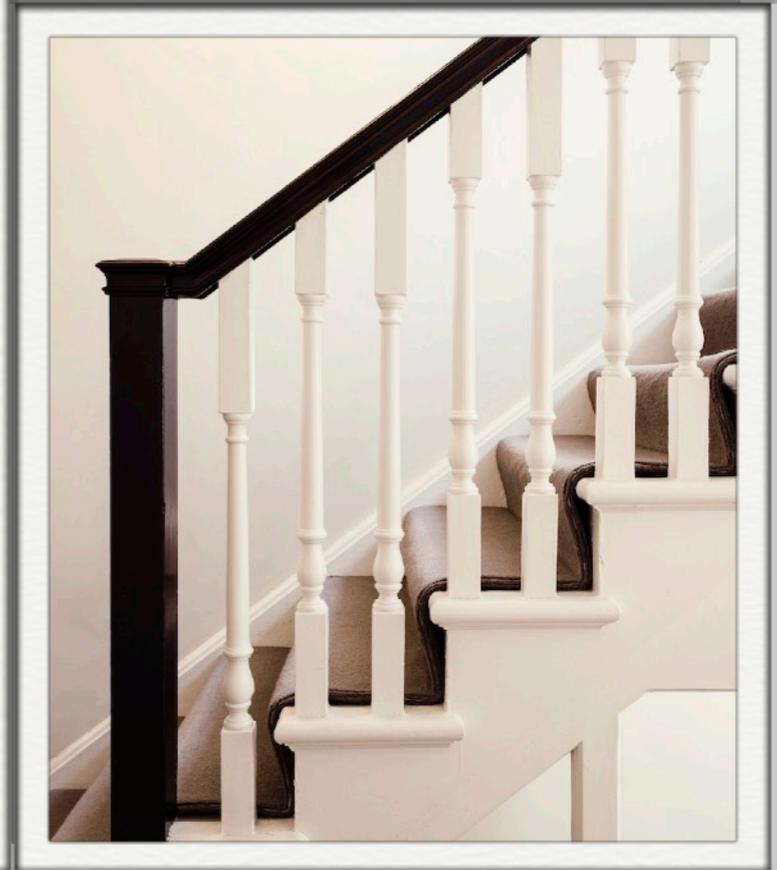
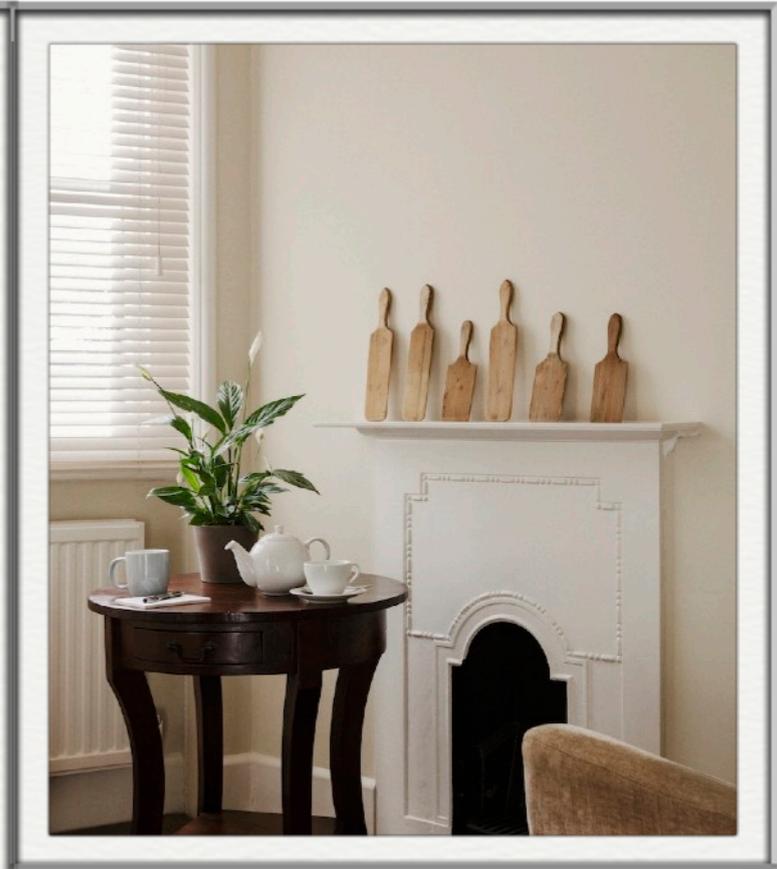
Fire Safety  
Infection Control  
Safeguarding Adults  
Safeguarding Children  
Equality and Diversity

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The Mental Capacity Act  
Basic Life Support  
Moving and Handling  
Handling Information  
The Mental Health Act  
Lone Worker Training  
Health and Safety

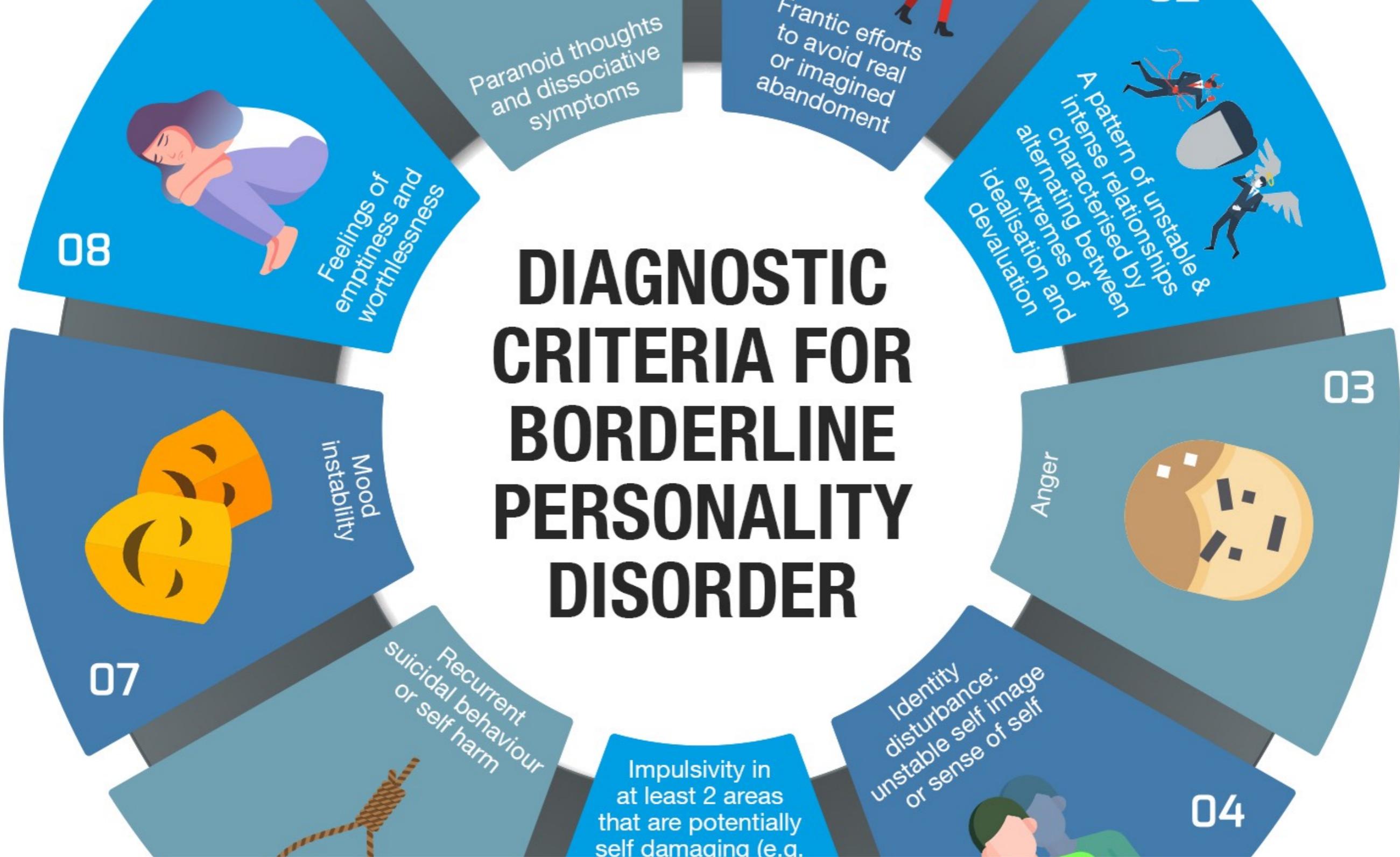


“How are we different to any other clinic?”



We have calming, clean and modern treatment rooms with a homely feel

# DIAGNOSTIC CRITERIA FOR BORDERLINE PERSONALITY DISORDER



We use infographics to help explain diagnoses


**REACTIONS**

JUSTIFIED REACTION



What part of my reaction was justified?

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OVERREACTION



What part of my reaction was too strong?

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In which way did I overreact or see things that were not there?

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What did the different aspects of myself do to make things worse?

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DESIRED REACTION



What would be a better way for me to view this situation and to deal with it?

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What could I do to solve this problem in a better manner?

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**PROBLEMS**



What is the problem?

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What do I want to achieve?

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Which modes are likely to interfere with my solving this problem?

1. \_\_\_\_\_

2. \_\_\_\_\_



Which thoughts are likely to interfere with my solving this problem?

1. \_\_\_\_\_

2. \_\_\_\_\_



What alternative thoughts help me to solve this problem?

1. \_\_\_\_\_

2. \_\_\_\_\_



What solutions can I think of for this problem?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

And set homework to  
continue the treatment at  
home



We are regulated by the CQC unlike many other private mental health clinics operating in the same area



“We advise the media as experts.”

# FACTS ABOUT EATING DISORDERS

For starters, they're not about looks. We bust the misconceptions around anorexia and bulimia – which affect a startling 725,000 in the UK

**DR MARK SILVERT** is a consultant psychiatrist with a special interest in eating disorders working in the NHS, and also privately at The Blue Tree Clinic in London



Eating disorders have the highest mortality rate of any mental illness – higher even than depression. This is both from suicide and from medical complications associated with the illness. One of these can be heart attack after a patient's body mass becomes very low due to lack of nutrition, and the body's muscles, including the heart muscles, start to eat themselves. This naturally puts a strain on the heart. In addition, when a person makes themselves sick frequently, they lose much of the body's

“What are clients feeding back?”

# The Blue Tree Clinic - Private Psychiatrist

85 Wimpole St, London

[Write a review](#)

5.0 ★★★★★ 21 reviews

Sort by: Most relevant ▾



**May**

1 review

★★★★★ 2 months ago

From my very first interaction with the clinic, I have been really impressed with The Blue Tree Clinic. Within minutes of my initial email enquiry, I had an appointment scheduled with Dr Silvert for later that week (by contrast, I emailed a ... [More](#)



**Response from the owner** 2 months ago

Thank you May - that really means a lot to us! We will also pass that on to our psychiatrist, Dr Mark Silvert. Best Wishes, The Blue Tree Clinic



**Hannah Darby**

9 reviews

★★★★★ 4 months ago

Dr Mark Silvert was helpful, accommodating, and replied to emails promptly. Verity was professional in emails. I would strongly recommend the Blue Tree Clinic.



**Response from the owner** 2 months ago

Thank you Hannah, we were pleased we could help you. The Blue Tree Clinic



## The Blue Tree Clinic

Reviews 44 • Excellent

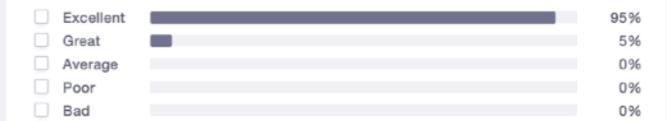


[Write a review](#)



Reviews 44

Filter by: Rating English



Silvia Price  
1 review



Verified order

Updated May 2, 2018

Dr Mark Silvert is a very knowledgeable, thoughtful and caring professional.

### WHAT CUSTOMERS ARE SAYING ABOUT YOU

Congrats, The Blue Tree Clinic - Private Psychiatrist has a 5 star rating on Google



Psychiatrists Find a City  
All Male Female All Verified Doctors Only

### The Best Psychiatrists in United Kingdom

What is a Psychiatrist?

**Dr. Mark Silvert** Psychiatrist  
★★★★★ 60 reviews

**Dr. Mark Silvert's Latest Rating**  
I needed a psychiatrist near me and found excellent reviews for Dr Mark Silvert in London, I am Australian, I got my medication within the hour, thank you for your h... [Read more](#)

# In Summary

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- We work hard to make sure you get your life back on track to where you want it to be.
- Whether that means changing your career, improving your relationships, general wellbeing or helping you recover so you can go travelling around the world!
- “The Blue Tree Clinic - The Clinic That’s All About You”

