

Re:Cognition
Health
Brain and
Mind Experts

Complete Cognitive Care from the Brain & Mind Experts

Private Services & Clinical Trials



Contents

Introduction _____ 3

Private Services _____ 4

 Autism & ADHD Clinic _____ 4

 Memory Clinic, Neurology & Brain Injury _____ 6

 Neuropsychiatry Clinic & Mental Health _____ 8

Clinical Trials & Medico-legal Service _____ 10

Contact Us _____ 12



Introduction

Re:Cognition Health is a pioneering brain and mind clinic specialising in the diagnosis, treatment and care of people with symptoms of cognitive impairment or mental health concerns. Our team of cognitive experts work collaboratively to provide an early and accurate diagnosis and world-class care with access to the best treatments and management strategies.

“Our brains are the key to who we are. At Re:Cognition Health we are passionate about providing the most accurate and early diagnosis for individuals, of all ages, suffering from conditions affecting their brain and mind. Our award-winning team uses the latest medical research, evidence-based diagnostics, treatments and clinical excellence to optimise the health of each individual.”

Dr Emer MacSweeney, CEO and Founder of Re:Cognition Health.



Autism & ADHD Clinic

Our private ADHD and Autism clinics provide bespoke diagnostic assessments and treatment plans to educate and empower individuals and their families.

Autism Assessment

The Clinic at Re:Cognition Health provides assessments for children from aged 2 year, adolescents and adults. These assessments are undertaken by a multi-disciplinary team (MDT) comprising paediatricians, adult and child neuro-psychiatrists, psychologists and speech and language therapists.

Therapies

RCH offers play-based interventions for children aged 1–5 years, including the Early Start Denver Model (ESDM) and Paediatric Autism Communication Therapy (PACT), as part of our cognitive innovation initiative.

The Early Start Denver Model (ESDM) is a behavioural therapy for children with autism between the ages of 1-4 years, based upon the methods of applied behaviour analysis (ABA).

Parents and therapists use play to build positive and fun relationships. Through play and joint activities, the child is enabled to boost their language, social and cognitive skills.

Paediatric Autism Communication Therapy (PACT) is an evidence-based, parent/care-led video feedback intervention, to help children with autism develop their social communication skills. PACT is the first autism intervention to have shown a long-term reduction in symptom severity in a number of different studies and has been embraced by UK charities including Autistica. The PACT therapist works directly with the parents/carers of 2–10 year-old children.

ADHD Assessment

Our ADHD Clinic utilises the latest assessment tool QBTest plus a clinical assessment to give a fast, accurate and objective diagnosis for people aged 7-60 years. The assessment not only accelerates the diagnosis process, but also enables the implementation of a treatment plan and more positive outcomes for the patient and their family.

When medication is indicated, RCH initiates a treatment plan, monitored for at least three months to assess effectiveness and any potential side effects of medication. Once the medication plan is stable, if requested, RCH enters into a shared care agreement (SCA) to enable on-going medication to be overseen by the GP or primary care physician.



Memory Clinic

The Re:Cognition Health Memory Clinic provides a comprehensive assessment and diagnosis for individuals experiencing difficulties with their memory. This service is also tailored for those eager to optimize their current brain health and to reduce risk of memory loss and dementia in the future. Our Memory Clinic assessments can guide access the right services and treatments in the NHS.

The Memory Clinic Package includes:

- An appointment with a specialist consultant for initial assessment and medication review
- Cognitive assessment with tailored feedback
 - Addenbrook's Cognitive Assessment (ACE-R)
 - Montreal Cognitive Assessment (MOCA)
- 3T MRI brain scan, reported by neuroradiologist
- Re:Cognition blood test panel
- Feedback appointment with advice and clinical management plan
- Capacity assessment with official COP3, if required

Neurology Clinic

Our team of consultant neurologists are experts in diagnosing, managing and treating disorders affecting the brain, spinal cord and peripheral nerves and muscles including:

- Alzheimer's
- Headaches and migraine
- Dizziness
- Mild Cognitive Impairment
- Stroke
- Parkinson's disease
- Brain trauma
- Encephalitis
- Cerebral Vascular Disease
- Frontotemporal Dementia (FTD)
- Lewy Body Disease
- Long Covid

Conditions affecting our brain health can have a profound effect on our mood, behaviour and emotions. Our award-winning team provide an accurate diagnosis and bespoke treatment plans tailored to individual needs. With access to a multi-disciplinary team of experts, specialist support from other mental health experts can be enlisted, as required.

Brain Injury Clinic

Our Concussion and Brain Injury Clinic provides expert assessment, treatment pathways and advice following a head injury by an award-winning team of consultants, who have been recognised, nationally, for their outstanding clinical work.

For many people, a concussion can be mild and settle quickly, however, if symptoms don't settle, the subsequent impact on daily life, can be significant. At Re:Cognition Health, we provide clinical assessments, psychological evaluation, brain scans using high field MRI and the latest DTI technology and detailed reports and recommendations, for concussion and repetitive head injury. Our team can also provide a doctor's letter documenting the accidents and ongoing symptoms, with an explanation which will assist when accessing NHS services.



Neuropsychiatry Clinic

Maintaining a healthy mind as well as optimising brain function is important in the management of cognitive and related problems. Re:Cognition Health's team of psychiatrists and neuropsychiatrists together with our expert psychologists diagnose and manage a wide range of conditions affecting cognitive function including:

- Stress, anxiety, depression
- ADHD, autism, addiction, behavioural disorders, post-traumatic stress disorder
- Psychiatric and neurological conditions as a result of head trauma
- Neuropsychological rehabilitation
- Clinical psychology therapy
- Long Covid
- Neuropsychological Assessment (NPA)

Additionally, the team can provide:

- Detailed cognitive assessments for brain injury, occupational health, insurance claims, capacity assessments or power of attorney
- Bespoke rehabilitation and ongoing care management programmes; RCH works closely with case managers in the rehabilitation of patients who have acquired a brain injury
- Capacity assessment with official COP3
- Speech & Language therapies and specialised physiotherapy following acquired brain injury



Mental Health Clinic

Our patient-centric approach enables our expert team to provide the very best assessments, fast & accurate diagnosis and bespoke treatments plans for ever patient. If you or a loved one is experiencing cognitive symptoms that are impacting daily life, whether at work, school or home, our expert team are here to help.

Our expertise enables us to design a bespoke treatment plan to deploy appropriate individual cognitive and behavioural strategies.

We assess, diagnose and treat the following mental health conditions:

- Anxiety
- Bipolar disorder
- Depression
- Exam stress
- Internet misuse and overuse
- Unexplained medical symptoms
- PTSD

Intensive Short-Term Dynamic Psychotherapy (ISTDP):

ISTDP is available for patients with Functional Neurological Disorder (FND) or unexplained medical symptoms.

Intensive Short-Term Dynamic Psychotherapy (ISTDP) is an accelerated form of experiential psychotherapy which is practiced internationally, and which has a well-established and impressive evidence base. ISTDP aims to bring rapid resolution to a wide range of psychological problems and painful behavioural and relational patterns, through techniques to enable the processing of “emotional blockages” and the experience of core emotions. By reaching the unconscious mind, ISTDP enables permanent changes, including freedom from suboptimal or destructive habits and patterns of behaviour.

Eye Movement Desensitisation and Reprocessing (EMDR):

EMDR is available for individuals suffering symptoms of PTSD.

EMDR is a comprehensive psychotherapy designed to enable processing and recovery from past experiences adversely affecting an individual’s mental health and wellbeing. It involves using side to side eye movements, combined with therapy in a specific and structured format.

Clinical Trials

Re:Cognition Health's multiple world-leading centres for enrolling volunteers onto late stage, international clinical trials for Alzheimer's and other neurodegenerative conditions, offer potential access to new-generation medications, designed to slow down or halt the progression of disease and symptoms. Our teams in the UK and USA are determined to find new treatments and cures to help transform health and change the future for millions of people living with these conditions.

The Benefits of Clinical Trials:

- Free to participate with expenses reimbursed
- Accurate diagnosis with the most advanced diagnostic tools
- The chance for disease modification, to slow or even stop progression of symptoms
- Only way to gain early access to new generation drugs that will not be available on the market for several years
- Opportunity to take control of your health & future
- Regular comprehensive monitoring of your general health and brain health
- Contributing to vital research to help future generations

Re:Cognition Health has won numerous awards for its work in this arena, include national recognition of its positive impact on society.



Medico-legal Service

Re:Cognition Health has brought together leading UK brain injury specialists to provide comprehensive medical expertise for lawyers requiring expert witness reports and bespoke rehabilitation services for managing traumatic and acquired brain injury. Our team of award-winning medico-legal experts offer a range of services to claimant and defendant lawyers and independent case managers and insurers.

Our team of experts in:

- Neurology
- Neuropsychiatry
- Neuroradiology
- Neuropsychology
- Child psychiatry

Provide:

- Expert witness reports and client representation in Court
- Integrated opinion reports
- Advanced neuro-imaging including MRI, DTI, PET and MEG to reveal abnormalities not present on scans taken at the time of the accident
- Assessment of capacity and mental fitness for work insurance claims (COP3)
- Traumatic brain injury – assessment and rehabilitation with advanced rehabilitation programmes

Contact Us

www.recognitionhealth.com

0204 525 5871

referrals@re-cognitionhealth.com

UK Private Practice is available Nationwide via “virtual consultation” and “face to face” at Re:Cognition Health Clinics in:

London

77 Wimpole Street,
London, W1G 9RU
0203 808 5439

Bristol

Unit 240, Phase 200, Aztec West,
Bristol, BS32 4SY
0117 205 0377

UK Clinical Trial Clinics

London

45 Queen Anne Street,
London, W1G 9JF
0203 808 5439

Guildford

29 Frederick Sanger Road,
Surrey Research Park,
Guildford, GU2 7YD
0148 331 9270

Birmingham

100 Hagley Road,
Edgbaston,
Birmingham, B16 8LT
0121 468 2045

Plymouth

Plymouth Science Park,
5 Research Way,
Plymouth, PL6 8BT
0175 271 2046

Winchester

Re:Cognition Health Winchester,
Second Floor, Healthshare clinic,
South Block, Chilcomb Park,
Chilcomb Lane, S021 1HU
0196 241 8935

Bristol

Unit 240, Phase 200,
Aztec West,
Bristol, BS32 4SY
0117 205 0377

USA

Washington

8316 Arlington Boulevard,
Suite 420,
Fairfax, VA 22031
Hello@re-cognitionhealth.com
(703)-520-9703

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Health**
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