

## Therapy Directory 2017

### Welcome

#### to Nightingale Therapy...

#### **Accredited by BACP**

We are the first acute mental health provider to have been formally accredited by the British Association for Counselling and Psychotherapy (BACP) for its counselling and psychotherapy services.

#### **Confidentiality is paramount**

Everyone working at Nightingale regardless of their role understands and respects the importance of confidentiality to patients. Privacy and discretion are at the heart of our ethos and a core consideration in the way we deliver treatment.

#### **Patient centred care**

Every individual's situation is unique. We work with every patient to understand their particular needs, and to establish successful patient/therapist partnerships. All our treatments have clearly defined goals and aim to empower patients with various techniques that they can put into practice in their everyday lives.

#### **Flexible and quick**

When we receive an enquiry, call or referral we will make prompt contact with a patient to organise an appointment. Nightingale Hospital is a 24-hour facility and can offer emergency admissions and assessments within 48 hours. Outpatient appointments are available between 8am and 8pm Monday to Friday and 9am and 2pm on Saturdays.

### Our Therapists...

Nightingale Hospital has over 75 therapists, clinical psychologists and psychotherapists.

All are registered and/or accredited with one or more of the organisations below. All comply with the individual association standards and undergo strict recruitment and supervision procedures.

- BACP The British Association for Counselling & Psychotherapy
- BPS The British Psychological Society
- HCPC Health and Care Professions Council
- BABCP The British Association for Behavioural and Cognitive Psychotherapies
- UKCP The United Kingdom Council for Psychotherapy

A full list of all our therapists can be found at [www.nightingalehospital.co.uk/specialists/](http://www.nightingalehospital.co.uk/specialists/)

## Positively changing the lives of others

#### **Respect** We

ensure everyone is always safe and treated with dignity and respect

#### **One team**

We work together to deliver the highest quality care for our patients and families

#### **Compassion**

We treat every patient with compassion and kindness

#### **Commitment**

We are committed and passionate about making a difference in peoples' lives

#### **Recognition**

We recognise and support each other's contributions and efforts



**Suzanne Adebari**

Day Therapy Co-ordinator

**Treatments:** Day Therapy Programme



**Sally Anderson**

Psychotherapist

**Conditions:** Trauma & PTSD, Depression, Schizophrenia, Phobias, Interpersonal difficulties, Bereavement, Sexual Abuse

**Treatments:** Counselling, Eating Disorders, Family Therapy



**Frank Aust**

Psychotherapist

**Conditions:** Depression, Relationship and Interpersonal Difficulties, Bingeing, Bulimia Nervosa, Anorexia Nervosa, Anxiety

**Treatments:** Counselling, Family Therapy Eating Disorders



**Amar Bains**

Chartered Clinical Psychologist

**Conditions:** Depression, Anxiety, Stress, Trauma, PTSD, ADHD, OCD, Panic attacks, Mood, Anger Management, Sleep Disorder, Peri/Post-natal

**Treatments:** CBT, Mindfulness, Clinical Psychology



**Lorraine Barreau**

Psychotherapist

**Conditions:** Trauma, PTSD, Anxiety, Schizophrenia, Pre/Post-natal Depression, Stress, Phobias, Panic Attacks, Anger Problems, OCD

**Treatments:** CBT, MBCT, EMDR, Mindfulness



**Adam Barrett**

Psychotherapist

**Conditions:** Trauma, PTSD, Depression, Interpersonal Difficulties, Bipolar Disorder, Bereavement, Anxiety, OCD

**Treatments:** MBCT, Counselling, Psychotherapy, Mindfulness, CBT, EMDR, Mentalisation Based Therapy



**Christina de Beukelaar**

Dietician

**Conditions:** OCD, Weight Management and Obesity, Bingeing, Bulimia Nervosa, Anorexia Nervosa

**Treatments:** Eating Disorder Treatment



**Andy Bird**

Psychotherapist

**Conditions:** Bingeing, Relationship and Interpersonal Difficulties, Bulimia Nervosa, Anorexia Nervosa, Anxiety, Drug & Alcohol Addiction, Depression, Love/Sex Addiction

**Treatments:** Addiction Treatment, Counselling, Eating Disorder Treatment, IPT, Psychotherapy, CBT



**Miranda Boal**

Psychotherapist

**Conditions:** Suicidal Feelings, Self-Harm, Trauma, PTSD, Dual Diagnosis, Anxiety, Relationship & Interpersonal Difficulties, Panic Attacks, Bulimia, Anorexia, Depression

**Treatments:** Counselling, Eating Disorder Treatment, Family Therapy, IPT, Psychotherapy



**Marilyn Brennan**  
Psychotherapist

**Conditions:** Suicidal Feelings, Self-Harm, Trauma, PTSD, Dual Diagnosis, Panic Attacks, Interpersonal Difficulties, Bulimia, Anorexia, Anxiety, Depression

**Treatments:** Counselling, Psychotherapy, Eating Disorders, Family Therapy, IPT



**Kirsty Bridge**  
Practitioner Psychologist

**Conditions:** Suicidal Feelings, Trauma & PTSD, Stress, Interpersonal Difficulties, Panic Attacks, Mood Disorders, Bipolar, Anxiety, Depression

**Treatments:** MBCT, Clinical Psychology, EMDR, IPT, Psychotherapy, CBT



**Nicole Burleigh**  
Psychotherapist

**Conditions:** Suicidal Feelings, Self-Harm, Dual Diagnosis, Addictions, Stress, Personality Disorders, Panic, OCD, Obesity, Mood, Eating disorders, Anxiety, Depression

**Treatments:** Addictions, CBT, Counselling, Eating Disorders, IPT, Mindfulness, Psychotherapy



**Dr Monica Cain**  
Counselling Psychologist

**Conditions:** Stress, OCD, Interpersonal Difficulties, Phobias, Panic Attacks, Weight Management & Obesity, Bingeing, Bulimia, Anorexia, Bereavement, Anxiety

**Treatments:** MBCT, CAT, IPT, CBT, Counselling, Eating Disorders, Mindfulness, Specialist Therapies



**Dr Elizabeth Meg Camm**  
Psychotherapist

**Conditions:** Dual Diagnosis, Personality Disorders, OCD Mood Disorders, Anxiety Bereavement, Depression

**Treatments:** Counselling, EMDR, CBT, DBT, IPT, Projective Art



**Jasmine Challis**  
Registered Dietician

**Conditions:** Weight Management and Obesity, Bingeing, Bulimia Nervosa, Anorexia Nervosa, Polycystic Ovary Syndrome, Irritable Bowel Syndrome

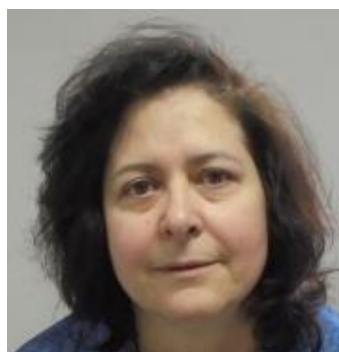
**Treatments:** Dietician



**Dr Bijal Chheda-Varma**  
Practitioner Psychologist

**Conditions:** Bingeing, Bulimia, Anorexia, Bipolar, ADHD, Bereavement, Anxiety, Drug/Technology Addiction, Depression, Memory Problems, Stress, OCD, Phobias

**Treatments:** Clinical Psychology, CBT, ACT, Schema, Behavioural



**Dina Chioni**  
Addiction Counsellor

**Conditions:** Addictions, Gambling, Interpersonal Difficulties, Anorexia, Technology, Drug & Alcohol Addiction

**Treatments:** Addiction Treatment, IPT, Counselling, Eating Disorders, Problem Gambling, Behavioural Therapy



**Dr Deba Choudhury-Peters**  
Clinical Psychologist

**Conditions:** Trauma, PTSD, Depression, Stress, Schizophrenia, Phobias, Bipolar, Interpersonal Difficulties, Personality Disorders, Panic Attacks, Anxiety

**Treatments:** MBCT, Clinical Psychology, Mindfulness, Psychotherapy, CBT, DBT



**Giray Cordon**

**Clinical Psychologist**

**Conditions:** Trauma, PTSD, Stress, OCD, Schizophrenia, Psychosis, Phobias, Panic Attacks, Personality Disorders, Anger, Bipolar, Eating Disorders, Mood, Anxiety, Depression

**Treatments:** Clinical Psychology, CAT, Mindfulness, Psychotherapy, CBT



**Emily Davies**

**Occupational Therapist**

**Conditions:** Schizophrenia, Psychosis, Bulimia, Anorexia, Bipolar, Depression, Anxiety

**Treatments:** Occupational Therapy, EMDR



**Dr Gill Deane**

**Counselling Psychologist**

**Conditions:** Trauma, PTSD, Stress, Interpersonal Difficulties, Panic Attacks, Mood Disorders, Anxiety, Bereavement, Depression

**Treatments:** MBCT, Addiction, Family Therapy, Counselling, Psychotherapy



**Jessica Demol**

**Counselling Psychologist**

**Conditions:** OCD, Weight Management and Obesity, Bingeing, Bulimia Nervosa, Anorexia Nervosa, Anxiety, Depression

**Treatments:** Counselling, Eating Disorder Treatment, CBT



**Raymond Dixon**

**Addictions Counsellor**

**Conditions:** Gambling, Sex, Technology, Alcohol and Drug Addiction, Depression, Anger Problems, Motivational Problems

**Treatments:** Addiction, IPT, CBT, Counselling, Psychotherapy, Gambling, Anger Mgmt, Behavioural Therapy



**Laura Drane**

**Addictions Counsellor**

**Conditions:** Psychosexual Difficulties, Trauma, Stress, Sleep, Phobias, Personality Disorders, Panic, OCD, Obesity, Mood, Eating disorders, Bipolar, Anxiety, Anger, Addictions, Dual, Depression

**Treatments:** Counselling, Eating Disorders, Addictions, Psychotherapy, CBT, Couples



**Dr Emily DuPre**

**Clinical Psychologist**

**Conditions:** Anxiety, Depression, OCD, Interpersonal Difficulties, Personality Disorders, Panic Attacks, Mood Disorders, Anxiety, Depression, Phobias

**Treatments:** IPT, MBCT, Mindfulness, Clinical Psychology, Mindfulness, Psychotherapy, CBT, Behavioural Therapy, DBT



**Dr Pari Farzim**

**Psychotherapist**

**Conditions:** Panic attacks, Stress, Interpersonal Difficulties, Bulimia, Anorexia, Anxiety, Depression, Life Cycle Changes, Self-Esteem, Complex Family Issues

**Treatments:** Family Therapy, Mindfulness, CBT, Couples Counselling, Group Therapy



**Isabella Florschutz**

**Integrative Psychotherapist**

**Conditions:** Trauma, PTSD, Stress, Interpersonal Difficulties, Psychosis, Panic Attacks, Mood, Bipolar, Anxiety, Depression, Bereavement, Fertility

**Treatments:** Vital Dance, IPT, Art Therapy, Counselling, Eating Disorders, Psychotherapy, CBT, Archetypal Therapy



**Patricia Fry**  
Counsellor

**Conditions:** Alcohol & Drug Addiction, Depression, Stress, Interpersonal Difficulties, Bereavement, Anxiety

**Treatments:** Counselling, IPT



**Lorraine Gardner**  
Therapy Services Manager

**Conditions:** Depression, Relationship and Interpersonal Difficulties, Bereavement, Loss and Change

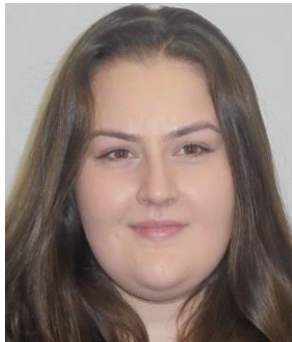
**Treatments:** Counselling, IPT, General Psychiatry



**Prunella Gee**  
Psychotherapist

**Conditions:** Gambling, Drug & Alcohol Addiction, Interpersonal Difficulties, Bereavement, Anger, Depression

**Treatments:** Addiction, IPT, Couples Counselling, Family Therapy, Psychotherapy, Anger Management



**Nazife Gok**  
rTMS Practitioner

**Conditions:** Depression

**Treatments:** rTMS



**Annie Greig**  
Yoga and Meditation Therapist

**Conditions:** Trauma, PTSD, Anxiety, Addictions, Stress, Sleep Disorders, IBS, Phobias, Panic Attacks,

**Treatments:** Addictions, Sleep, Mindfulness, Hypnotherapy, MBCT, Relaxation, Yoga, Meditation



**John Harding**  
CAT Therapist

**Conditions:** Dual Diagnosis, Anger, Stress, Interpersonal Difficulties, Personality Disorders, Bipolar, Anxiety, Depression

**Treatments:** CAT, Mindfulness, Wellbeing Therapies Psychotherapy, CBT, DBT



**Femida Hirji**  
Occupational Therapist

**Conditions:** Schizophrenia, Psychosis

**Treatments:** Occupational Therapy, Wellbeing Therapies



**Anita Howard**  
Psychodynamic Therapist

**Conditions:** Trauma, PTSD, Addictions, Stress, Interpersonal Difficulties, Depression, Bereavement, Anxiety, OCD

**Treatments:** Addiction Treatment, Couples, Family Therapy, IPT, Anger Management, Behavioural Therapy, Psychotherapy



**Ilana Inspector**  
Psychotherapist

**Conditions:** Trauma, PTSD, Stress, Interpersonal Difficulties, Panic Attacks, OCD, Obesity, Mood Disorders, Eating Disorders, Bereavement, Anxiety, Anger, Depression

**Treatments:** Eating Disorder Treatment, Mindfulness, Psychotherapy



**Marta Jendrzewska**  
CBT Therapist

**Conditions:** Trauma and PTSD, Psychosis Personality Disorders, Panic Attacks, OCD, Bipolar Disorder, Anxiety, Depression

**Treatments:** MBCT, CBT, Mindfulness, Psychotherapy, Behavioural Therapy, DBT



**Elie Jesner**  
Psychotherapist

**Conditions:** Psychosexual Difficulties, Suicidal Feelings, Self-Harm, Trauma, PTSD, Anxiety, Pre/Postnatal Depression, Stress, Personality Disorders, Panic Attacks, OCD, Mood, Bipolar, Anger, Depression

**Treatments:** Mindfulness, Psychotherapy, Wellbeing Therapies



**Dr Mahen Jhugroo**  
Clinical Psychologists

**Conditions:** Trauma, PTSD, Pre/Postnatal Depression, Stress, Suicidal Feelings, Self-Harm, Anxiety, Sleep, Schizophrenia, OCD, Psychosis, Addictions, Eating Disorders, ADHD, Bipolar, Memory, Mood,

**Treatments:** CBT, IPT, MBCT, Clinical Psychology, Counselling, Couples, Family, Mindfulness, Psychotherapy, Sleep Therapy



**Dr Holly Kahya**  
Clinical Psychologist

**Conditions:** Trauma, PTSD, Stress, Interpersonal Difficulties, Depression, Bereavement, Phobias, Personality Disorders, Panic, Anxiety, Anger

**Treatments:** Counselling, Mindfulness, Psychotherapy, Wellbeing Therapies, CBT



**Dr Aidan Kelly**  
Clinical Psychologist

**Conditions:** Trauma, Depression, OCD, Stress, Interpersonal Difficulties, Mood, Phobias, Psychosis, Bingeing, Bulimia, Anxiety, Bereavement, Tech Addition

**Treatments:** Clinical Psychology, CBT



**Dr Werner Kierski**  
Psychotherapist

**Conditions:** Trauma and PTSD, Stress, Personality Disorders, OCD, Bipolar Disorder, Anxiety, Depression

**Treatments:** MBCT, EMDR, IPT, CBT, Mindfulness, Psychotherapy, Specialist Therapies, Schema Therapy



**Steve Kirby**  
Psychotherapist

**Conditions:** Trauma, PTSD, Stress, Drug and Alcohol Addiction, Interpersonal Difficulties, Bipolar Disorder, Bereavement, Anxiety, Depression, Sexuality Problems

**Treatments:** Addictions, EMDR, IPT, CBT, Psychotherapy, Mindfulness, Existential Therapy, Solution Focus Brief Therapy



**Moja Kljakovic**  
Clinical Psychologist

**Conditions:** Suicidal Feelings, Self-Harm, Trauma, Gambling Addiction, Stress, Sleep, Interpersonal Difficulties, Phobias, OCD, Panic Attacks, Obesity, Mood, Memory, Eating Disorders, Anxiety, Anger, Depression

**Treatments:** Clinical Psychology, CBT, Mindfulness



**Canan Koç**  
CBT Therapist

**Conditions:** Trauma, PTSD, Stress, Depression, Phobias, Panic Attacks, OCD, Obesity, Mood, Eating Disorders, Anxiety

**Treatments:** Eating Disorder Treatment, Mindfulness, CBT, Compassion Focused Therapy



**Sophie Leather**  
CBT Therapist

**Conditions:** Depression, Anxiety, Stress, Phobias, Panic Attacks, OCD, Trauma, PTSD, Anger Management, Pre/Postnatal depression

**Treatments:** CBT



**Francis Lickerish**  
Psychotherapist

**Conditions:** Addictions, Relationship and Interpersonal Difficulties, Drug Addiction, Alcohol Addiction

**Treatments:** Addiction Treatment, Eating Disorder Treatment, Family Therapy



**Deborah Meddes-Carpenter**  
Specialist Therapist

**Conditions:** Anxiety, Depression, Obesity, Bingeing, Relationship and Interpersonal Difficulties, Weight Management, Bingeing, Bulimia, Anorexia, Bereavement

**Treatments:** Counselling, Eating Disorder Treatment, Psychotherapy, CBT



**Leyla Metin**  
Psychotherapist

**Conditions:** Psychosexual Difficulties, OCD, Trauma, Bulimia, PTSD, Stress, Pre/Postnatal Depression, Personality Disorders, Interpersonal Difficulties

**Treatments:** Counselling, Family Therapy, IPT, Psychotherapy



**Maureen Millard**  
CBT Therapist

**Conditions:** Stress, OCD, Relationship & Interpersonal Difficulties, Personality Disorders, Panic, Anxiety, Anger, Depression

**Treatments:** Schema, Rational Emotive Behavioral Therapy, CBT, Behavioural Therapy, Couples, Anger Mgmt, MBCT



**Anne de Montarlot**  
Psychotherapist

**Conditions:** Trauma and PTSD, Prenatal / Postnatal Depression, Gambling Addiction, Stress, Relationship and Interpersonal Difficulties, Panic Attacks, Bingeing, Anxiety, Anger Problems, Depression

**Treatments:** Psychotherapy



**Michael Mosol**  
Psychotherapist

**Conditions:** Dual Diagnosis, Relationship and Interpersonal Difficulties, Bulimia, Anorexia, Anxiety, Anger Problems, Drug and Alcohol Addiction, Depression

**Treatments:** Addiction Treatment, Anger Management, Counselling, Eating Disorder Treatment



**Jeanne Vorster Naidoo**  
Clinical Psychologist

**Conditions:** Suicidal Feelings, Depression, Interpersonal Difficulties, Obesity, Weight Management, Anxiety, Mood, Bereavement, Adjustment

**Treatments:** CBT, IPT, Clinical Psychology Eating Disorder Treatment



**Jan O'Mahony**  
Psychodynamic Therapist

**Conditions:** Depression, Relationship & Interpersonal Difficulties, Psychosis, Mood Disorders, Bulimia, Anorexia Nervosa, Bereavement, Anxiety

**Treatments:** Eating Disorder Treatment, Psychotherapy



**Garret O'Moore**

**Counselling Psychologist**

**Conditions:** Trauma, PTSD, Stress, Relationship and Interpersonal Difficulties, Phobias, Panic Attacks, OCD, Bereavement, Anxiety, Depression

**Treatments:** CB Psychotherapy, CBT, Mindfulness

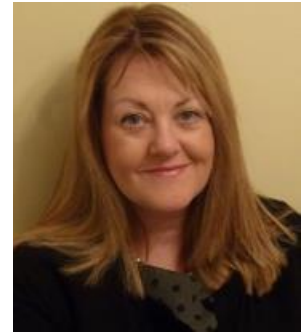


**Dr Morwenna Opie**

**Clinical Psychologist**

**Conditions:** Suicidal Feelings, Stress, Trauma and PTSD, Sleep Disorders, Relationship and Interpersonal Difficulties Phobias, Panic Attacks

**Treatments:** CBT, Clinical Psychology Counselling, ACT, Sleep Therapy



**Claire Parkes**

**Clinical Psychologist**

**Conditions:** Suicidal Feelings, OCD, Trauma, PTSD, Stress, Interpersonal Difficulties, Phobias, Panic, Mood, Anxiety, Bereavement, Depression

**Treatments:** CAT, CBT, EMDR, Clinical Psychology, Counselling, Mindfulness, Couples Counselling



**Anastasia Patrikiou**

**Psychotherapist**

**Conditions:** Eating Disorders, Trauma, Mood, Stress, Anxiety, Depression, Panic, Psychosis, Personality Disorders, Bipolar, Schizophrenia, Phobias, ADHD, Bereavement, Relationship Difficulties

**Treatments:** Eating Disorder Treatment, Counselling, Psychotherapy, Mindfulness, Anger Management



**David Polak**

**Psychotherapist**

**Conditions:** Psychosexual Difficulties Suicidal Feelings, Trauma, Mood, Stress, Pre/Postnatal Depression, Sleep, Panic, Personality Disorders

**Treatments:** Counselling, IPT, Couples Counselling, Psychotherapy



**Dr Sophie Rae**

**Counselling Psychologist**

**Conditions:** Stress, Anxiety, Mood, Interpersonal Difficulties, Phobias, Obesity, Bingeing, Bulimia, Anorexia, Bereavement, Depression

**Treatments:** CAT, Clinical Psychology, Counselling, Eating Disorder Treatment, Psychotherapy, CBT



**Diana Randall**

**Art Psychotherapist**

**Conditions:** Stress, Schizophrenia, Psychosis, Bipolar Disorder, Anxiety, Drug Addiction, Alcohol Addiction, Depression

**Treatments:** MBCT, Clinical Psychology, Mindfulness, Psychotherapy, Wellbeing Therapies, CBT



**Anthony Rhone**

**Psychotherapist**

**Conditions:** Dual Diagnosis, Relationship and Interpersonal Difficulties, Psychosis, Anorexia Nervosa, Anger Problems, Drug Addiction, Alcohol Addiction, Anxiety

**Treatments:** Addiction / Eating Disorder Treatment, IPT



**Heather Robyn**

**Psychotherapist**

**Conditions:** Trauma and PTSD, Dual Diagnosis, Relationship and Interpersonal Difficulties, Phobias, Personality Disorders, Bipolar Disorder, Bereavement, Anxiety

**Treatments:** MBCT, Counselling, EMDR, IPT, Mindfulness, Psychotherapy, CBT





**Dr Susannah Rose**  
Psychotherapist

**Conditions:** Dual Diagnosis, Stress, ADHD, Interpersonal Difficulties, Psychosis, Personality Disorders, Anxiety, Depression, Eating Disorders, Bipolar, Schizophrenia, Phobias, Panic Attacks, Mood Disorders

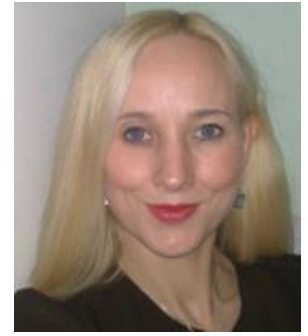
**Treatments:** Eating Disorder Treatment, Counselling, Psychotherapy, Mindfulness



**Dr Sarah Crawford (née Ross-Taylor)**  
Counselling Psychologist

**Conditions:** Trauma, PTSD, OCD, Dual Diagnosis, Addictions, Stress, ADHD, Interpersonal Difficulties, Personality Disorders, Anxiety, Depression

**Treatments:** Addiction Treatment, IPT, CBT, Counselling, Schema Therapy, Anger Management, Integrative Therapy, DBT



**Julie Ryan**  
Massage Therapist

**Conditions:** Stress, Prenatal / Postnatal Depression, Sleep Disorders, Phobias, Panic Attacks, Bereavement, Anxiety, Anger Problems, Depression

**Treatments:** Wellbeing Therapies



**Greg Scott**  
CBT Therapist

**Conditions:** Trauma and PTSD, Stress, Panic Attacks, OCD, Anxiety, Anger Problems, Alcohol Addiction, Depression

**Treatments:** MBCT, CBT, Counselling, Mindfulness



**Dr Joanna Silver**  
Counselling Psychologist

**Conditions:** Weight Management, Obesity, Bingeing, Bulimia, Anorexia, Depression, Anxiety, Body Dysmorphic Disorder

**Treatments:** Eating Disorder Treatment, Psychotherapy, Specialist Therapies, CBT



**Barry Smale**  
Psychotherapist

**Conditions:** Stress, Trauma and PTSD, Addictions, Sleep Disorders, Panic Attacks, Anorexia Nervosa, Anxiety, Depression

**Treatments:** EMDR, CBT, Mindfulness, Psychotherapy, Sleep Therapy, Relaxation Therapy, Bio feedback



**Dr Jude Smit**  
Practitioner Psychologist

**Conditions:** Stress, Interpersonal Difficulties, Phobias, Anxiety, Personality Disorders, Panic Attacks, Mood Disorders, Bingeing, Bereavement, Depression

**Treatments:** Clinical Psychology, CBT, Mindfulness, Psychotherapy



**Ariela Sommer**  
CBT Therapist

**Conditions:** Stress, Sleep Disorders, OCD Phobias, Panic Attacks, Anxiety, Health Anxiety, Depression, Physical Health Problems

**Treatments:** Counselling, Behavioural Therapy, Assertiveness Training, CBT



**Rosanne Stabler**  
CBT Therapist

**Conditions:** Stress, Phobias, Bipolar, Anxiety, Bereavement, Psychosexual difficulties, Drug Addiction, Relationship & Interpersonal Difficulties

**Treatments:** Clinical Psychology, IPT, Mindfulness, CBT, Sleep Therapy, Counselling, Wellbeing Therapies



**Zoe Starnawski**  
Counselling Psychologist

**Conditions:** Stress, Anxiety, OCD, Dual Diagnosis, Panic, Mood, Bereavement, Relationships & Interpersonal Difficulties, Depression

**Treatments:** Counselling, Psychotherapy, CBT, Mindfulness



**Camille de Stempel**  
Psychotherapist

**Conditions:** Stress, Relationship and Interpersonal Difficulties, Mood Disorders, Bereavement, Anxiety, Depression

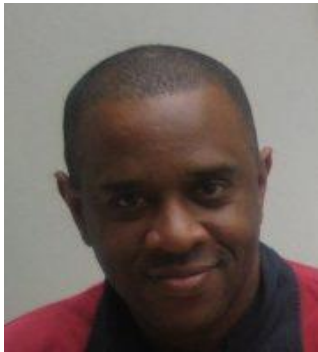
**Treatments:** Counselling, Psychotherapy



**Justin Stephenson**  
Clinical Psychologist

**Conditions:** Psychosexual Difficulties, Trauma, PTSD, Dual Diagnosis, Psychosis, Stress, Interpersonal Difficulties, Memory, Personality Disorders, Panic Attacks, Mood, Bipolar, Anxiety, Anger, Depression

**Treatments:** Clinical Psychology, IPT, Psychotherapy



**Richard Stephenson**  
Addictions Therapist

**Conditions:** Drug, Alcohol and Gambling Addiction, Stress, Relationship and Interpersonal Difficulties, Anxiety, Anger Problems

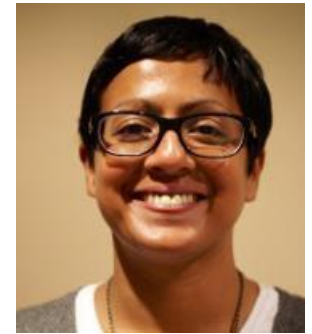
**Treatments:** Addiction Treatment, Counselling, Family Therapy, CBT



**Emmanuel Stiels**  
Clinical Psychologist

**Conditions:** Trauma, PTSD, Anorexia, Bulimia, Anxiety, Depression, OCD, Stress, Mood, Phobias, Panic Attacks, Personality Disorders

**Treatments:** DBT, Clinical Psychology, CBT, EMDR, Behaviour Therapy, Counselling



**Lauren Stock**  
Counselling Psychologist

**Conditions:** Trauma, PTSD, Addictions, Relationship and Interpersonal Difficulties, Panic Attacks, Mood Disorders, Bingeing, Anxiety, Depression

**Treatments:** MBCT, CAT, CBT, Clinical Psychology, Counselling, Family Therapy, Psychotherapy



**Dr Ritika Sukthankar**  
Counselling Psychologist

**Conditions:** Stress, Interpersonal Difficulties, Phobias, OCD, Personality Disorders, Panic Attacks, Mood, Bereavement, Anxiety, Anger, Depression

**Treatments:** CBT, IPT, Counselling, Mindfulness, Psychotherapy, Behavioural Therapy, DBT



**Dr Victoria Sullivan**  
Clinical Psychologist

**Conditions:** Anxiety, Depression, Stress, Interpersonal Difficulties, Phobias, Obesity, Personality Disorders, Panic Attacks, Mood, Eating disorders, Bipolar

**Treatments:** Clinical Psychology, CBT, Counselling, Eating Disorders, Mindfulness, Psychotherapy, DBT



**Stephen Taylor**  
Psychotherapist

**Conditions:** Psychosexual Difficulties, Trauma, PTSD, Stress, Psychosis, Panic Attacks, Pre/Postnatal, Depression, Dual Diagnosis, Gambling Addiction, Interpersonal Difficulties

**Treatments:** CAT, EMDR, Psychotherapy, Counselling



**Dr Laura Thomas**  
Counselling Psychologist

**Conditions:** Trauma and PTSD, Stress, Relationship Difficulties, Phobias, Panic Attacks, OCD, Mood, Bereavement, Anxiety, Depression

**Treatments:** Counselling, IPT, Mindfulness, CBT



**Jesse Trembley**  
Counselling Psychologist

**Conditions:** Suicidal Feelings, Stress, Interpersonal Difficulties Phobias, Panic Attacks, Mood Disorders, Bereavement, Anxiety, Depression

**Treatments:** Counselling, Mindfulness Psychotherapy, CBT, Couples, MBCT



**Dr Maja Turcan**  
Psychotherapist

**Conditions:** Self-Harm, Trauma, PTSD, Stress, Psychosis, Personality Disorders, Panic Attacks, Mood, Memory Problems, Bereavement, Anxiety, Depression

**Treatments:** Clinical Psychology, IPT, Mindfulness, Psychotherapy, Behavioural Therapy, CBT



**Jessica Wilkins**  
Counselling Psychologist

**Conditions:** Trauma & PTSD, Mood, Relationship & Interpersonal Difficulties, Bipolar, Bereavement, Depression

**Treatments:** Counselling, Mindfulness, CBT



**Gwen Williams**  
CBT Therapist

**Conditions:** Trauma, PTSD, Stress, Pre/Postnatal Depression, Relationship & Interpersonal Difficulties, Panic Attacks Bereavement, Anxiety, Depression

**Treatments:** Counselling, Mindfulness, Psychotherapy, Wellbeing



**Gilead Yeffett**  
Psychotherapist

**Conditions:** Trauma and PTSD, OCD, Relationship and Interpersonal Difficulties Personality Disorders, Anxiety, Anger Problems, Depression

**Treatments:** IPT, Psychotherapy



**Marietta Young**  
Art Psychotherapist

**Conditions:** Addictions, Stress, Anxiety, Schizophrenia, Depression Relationship/Interpersonal Difficulties, Phobias, Bipolar

**Treatments:** Addiction Treatment, Art Therapy, Eating Disorder Treatment Psychotherapy, Anger Management



**Marietta Young**  
Art Psychotherapist

**Conditions:** Addictions, Stress, Anxiety, Schizophrenia, Depression Relationship/Interpersonal Difficulties, Phobias, Bipolar

**Treatments:** Addiction Treatment, Art Therapy, Eating Disorder Treatment Psychotherapy, Anger Management



**Marietta Young**  
Art Psychotherapist

**Conditions:** Addictions, Stress, Anxiety, Schizophrenia, Depression Relationship/Interpersonal Difficulties, Phobias, Bipolar

**Treatments:** Addiction Treatment, Art Therapy, Eating Disorder Treatment Psychotherapy, Anger Management