



## **Counselling, Psychology, Psychotherapy, Psychosexual and Relationship Therapy**

The Awareness Centre provides counselling, psychotherapy, psychology and psychosexual and relationship therapy for private practice clients as well as NHS clients. We work with individuals, couples, families and groups. All our consultations are by appointment only, however, sometimes appointments become available from time to time so it is worth calling to see if we have any availability on the day.

If you have any questions prior to making an appointment then please call and speak to any member of staff who will be happy to help. Alternatively, you can email us with your query and we will respond within 24 hours.

### **Individuals**

#### **Counselling**

##### **What is Counselling?**

There are many different types of counselling. What they have in common is that they are all treatments based on talking to another person. Counselling is a confidential relationship that provides you with a safe and consistent space in which to explore and understand particular issues and difficulties.

It can help you resolve emotional conflict, change negative thinking and behaviour, and support you in making positive choices. Counselling can help integrate difficult and painful experiences, enabling you to enjoy a more fulfilling relationship with yourself and others.

##### **Do you need to be mentally ill or very depressed to have counselling?**

No. It's true some people turn to counselling in times of crisis. However, other people come to counselling saying things like: "I feel stuck in my life" or "Something's wrong, but I don't know what it is".

What can be valuable in counselling is the opportunity to express yourself to someone who is separate from the rest of your life, who won't be overwhelmed or shocked by what you say, and won't start tell you what to do.

##### **Why should I see a counsellor when I can just talk to my friends?**

There are times when the sharing and understanding of a good friend may be just what you need. However, when the degree of emotional pain and the severity of symptoms suggest a

problem of a greater depth, then your pain, anger or confusion may be too painful for a friend to listen to without judgment.

Even the best of friends may want you to cheer up or to not go on about the same thing for too long. But sometimes it is important to not cheer up and to keep going on until things are really understood. That is when you may need the help of a professional listener.

## Which issues can Counselling allow you to address?

Abuse and domestic violence	ADD/ADHD
Addictions/Compulsions	Alcohol and/or Drug Misuse
Anger	Anxiety and Stress
Bereavement and/or loss	Depression/Post Natal depression
Obsessive Compulsive Disorder	Recurrent or Chronic Illness
Relationship difficulties	Sexual dysfunction
Sexuality	Work related issues

## Therapists

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

Paul Croal	Michaela McCarthy	Andy Tickner
Sarah McGuinness	Dr Angela Wright	Paul Cowan
Claire Davidson	Janis Briedis	Dr Hannah Heims
Dr Siobhan McCarthy	Jim Dougherty	Keith Mainland
Nick Williams	Tara Harrison	Christian Murphy
Janet Palmer	Patricia McEntee	

## Fee:

£50 - £90 for 50 Minutes

## Psychotherapy

### What is the difference between psychotherapy and counselling?

There is not standard agreed definition for either 'counselling' or 'psychotherapy', and, in practice, they tend to overlap. Counselling may focus on a particular issue or life transition, such as substance abuse or bereavement. Psychotherapy trainings tend to be longer and more focused on working with clients at a deep level.

Psychotherapy may focus on deeper changes in someone's personality, the way they relate to themselves and to others. Whereas counselling may be more problem-focused, many people

engage in psychotherapy to discover more about themselves and to live life in a more rewarding way. As many counsellors develop their practice, they are able to offer psychotherapeutic work, so a clear distinction is hard to draw.

## Therapists

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

Michaela McCarthy

Patricia McEntee

Janis Briedis

Christian Murphy

Sarah McGuinness

Nick Williams

Janet Palmer

## Fee:

£50 - £90 for 50 Minutes

## Cognitive Behavioural Therapy (CBT)

### What is Cognitive Behavioural Therapy? (CBT)

CBT is a psychological approach based on scientific principles which research has shown to be effective for a wide range of problems. Clients and therapists work together, once a therapeutic alliance has been formed to identify and understand problems in terms of the relationship between thoughts, feelings and behaviour. There is a particular emphasis on identifying the distorted thinking and negative beliefs that contribute to emotional problems.

The approach usually focuses on difficulties in the here-and-now, and relies upon the therapist and client developing a shared view of the individual's problem. This then leads to identification of personalised, usually time-limited, therapy goals and strategies which are continually monitored and evaluated.

The treatments are inherently empowering in nature, the outcome being to focus on specific psychological and practical skills such as the capacity to reflect on and explore the meaning attributed to events and situations and reevaluation of those meanings.

The acquisition and utilisation of such skills is seen as the main goal, and the active component in promoting change with an emphasis on putting what has been learned into practice between sessions ("homework"). Thus, the overall aim is for the individual to attribute improvement in their problems to their own efforts, in collaboration with the psychotherapist.

CBT therapists work with individuals, families and groups. The approaches can be used to help anyone irrespective of ability, culture, race, gender or sexual preference. CBT can be used its own or in conjunction with medication, depending on the severity or nature of each client's problem.

## Therapists

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

### Fee:

£75 - £90 for 50 Minutes

## Psychosexual and Relationship Therapy

### What is Psychosexual Therapy?

Psychosexual therapy deals with a wide range of issues related to sexuality. These include inability to reach orgasm, reaching orgasm too soon, and loss of interest in sex. A number of men struggle with issues such as erectile difficulties, retarded ejaculation and premature ejaculation. Women can be affected by vaginismus, pain during intercourse and the inability to have an orgasm.

Sexual compulsion and sex/pornography/internet addiction are appearing more frequently as presenting issues. Psychosexual therapy is appropriate for both individuals and couples and for clients who identify as heterosexual, as well as those who do not. Although the prospect of discussing such matters can seem daunting at first, psychosexual therapy offers clients a real opportunity to move forward in this part of their lives and feel more comfortable in their sexuality.

### What is Relationship Counselling?

Relationship counselling is the process of counselling the parties of a relationship in an effort to recognise and better manage or reconcile troublesome differences and repeating patterns of distress. The relationship involved may be between members of a family or a couple, employees or employers in a work place, or between a professional and a client. The most common form of a relationship counselling is couple therapy for couples in a sexual relationship.

People may need support at any time in their relationships. Partners may find it difficult to talk to one another, or they may feel distant. Or perhaps something has happened to change how they feel about one another. Many couples come to therapy because there has been a crisis in the relationship, shared life goals have changed or because there are communication difficulties. In couple therapy the couple meet with the counsellor to talk about what is happening in the relationship and to explore ways forward. The focus might be on communication in the relationship, in its way building a foundation on which you can resolve your difficulties in the future.

## Therapists

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

## **Fee:**

£50 - £90 for 50 Minutes

## **Counselling Psychology**

### **What do Counselling Psychologists do?**

Counselling psychology is a psychological speciality which facilitates personal and interpersonal functioning across the life span. There is a focus on emotional, social, vocational, educational, health-related developmental and organisational concerns.

Through the integration of theory, research and practice and with a sensitivity to multicultural issues, this speciality encompasses a broad range of psychology-based maladjustment, resolve crises, and increase their ability to live more highly functioning lives. Counselling psychology pays close attention both to normal developmental issues and to problems associated with physical, emotional and mental disorders.

## **Therapists**

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

Janis Briedis and Mark Winwood

## **Fee:**

£60 for 50 mins

## **Clinical Psychology**

### **What is the difference between counselling and clinical psychology?**

Traditionally, the main difference between counselling and clinical psychology is their perspective and training. Counselling psychologists focus more on the psychologically healthy individuals where clinical focuses on individuals with serious mental illness (e.g. schizophrenia). Counselling psychology has grown out of vocational psychology and has a strong educational component.

Clinical programs are more medically orientated in nature focusing on treatment of disease, in this case mental illness. Counselling psychologists are considered to be the generalists, they are training in a wide variety of basic therapeutic skills. Clinical psychologists are typically focused in one or a few areas (e.g. depression, substance abuse).

Counselling psychologists can and do specialise, but their training is focused on a general repertoire of skills. Counselling and clinical psychologists can generally treat the same kind of patients and the overlap between the two fields continues to grow.

## Therapists

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

Dr Angela Wright

Dr Hannah Heims

Dr Siobhan McCarthy

## Fee:

£80 -95 for 50 mins

## Addiction Counselling

Addiction counselling consists of a number of approaches that may be helpful for people with addictive behaviour. Behavioural Therapy for example, places emphasis on changing negative behaviour patterns - this can be readily applied to the issue of addiction. Integrative therapy is another option that fuses a variety of psychotherapeutic techniques, thereby providing the therapist with a more flexible way of treating their clients.

Addiction is a problem that affects around 2 million people in the UK. Sufferers usually experience strong physical and/or psychological cravings for substances or alcohol. Addictions often begin when an individual seeks out a particular drug to feel good or to escape mental pain.

Addictive behaviour generally involves activities that provide an escape from worries or pain, such as shopping, drinking, gambling, sexual activity, eating, prescribed drugs or spending. It is through this perceived 'escape' that a person may develop long-lasting habits that, in some cases, impede on their every-day lives.

Although everybody has habit-forming tendencies to a certain extent, some people may be more susceptible due to genetic factors. While a small amount of addicts are capable of breaking their habits, most need some form of treatment to help them break their addictive behaviour.

## Therapists

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

Paul Croal

Michaela McCarthy

Dr Siobhan McCarthy

## **Fee:**

£50-90 for 50 minutes

## **Life Coaching**

Life Coaching is a new and rapidly growing profession that differs significantly from mentoring, counselling and therapy. Life Coaching take a refreshingly positive view of the client's life. It examines what is going on in the present and helps the client discover what it is that might be preventing them from taking the course of action that would make them realise their ambitions or dreams.

Life Coaching is non-directive in nature believing that the client has the answers and solutions within. Drawing on a combination of skills and techniques ranging from psychologically based disciplines, the role of the life coach is to empower the client to find these solutions and to help structure their thinking around goals and actions. Life coaching can benefit everyone and take a holistic approach to deliver lasting changes for the client in all aspects of their life including work, health and relationships. Some areas that can benefit from Life Coaching: Work-life balance, Time management, Stress management, Finances, Clutter, Career planning and development, Redundancy, Entrepreneurial and small business development, Personal development, General health and lifestyle, Family relationships and parenting.

## **Couples**

### **Couples Counselling**

#### **What is Relationship Counselling?**

Relationship counselling is the process of counselling the parties of a relationship in an effort to recognise and better manage or reconcile troublesome differences and repeating patterns of distress. The relationship involved may be between members of a family or a couple, employees or employers in a work place, or between a professional and a client. the most common form of a relationship counselling is couple therapy for couples in a sexual relationship.

People may need support at any time in their relationships. Partners may find it difficult to talk to one another, or they may feel distant. Or perhaps something has happened to change how they feel about one another. Many couples come to therapy because there has been a crisis in the relationship, shared life goals have changed or because there are communication difficulties.

In couple therapy the couple meet with the counsellor to talk about what is happening in the relationship and to explore ways forward. The focus might be on communication in the relationship, in its way building a foundation on which you can resolve your difficulties in the future.

## Therapists

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

Sarah McGuinness

Paul Cowan

Paul Croal

Dr Siobhan McCarthy

Patricia McEntee

Michaela McCarthy

Nick Williams

## Fee:

£75 - 90 for 50 minutes

## Psychosexual and Relationships Therapy

### What is Psychosexual Therapy?

Psychosexual therapy deals with a wide range of issues related to sexuality. These include inability to reach orgasm, reaching orgasm too soon, and loss of interest in sex. A number of men struggle with issues such as erectile difficulties, retarded ejaculation and premature ejaculation. Women can be affected by vaginismus, pain during intercourse and the inability to have an orgasm.

Sexual compulsion and sex/pornography/internet addiction are appearing more frequently as presenting issues. Psychosexual therapy is appropriate for both individuals and couples and for clients who identify as heterosexual, as well as those who do not. Although the prospect of discussing such matters can seem daunting at first, psychosexual therapy offers clients a real opportunity to move forward in this part of their lives and feel more comfortable in their sexuality.

## Therapists

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

Paul Croal

Dr Siobhan McCarthy

Michaela McCarthy

## Fee:

£50 - £90 for 50 Minutes

## Families and Children

### Counselling for Children

Approaches to counselling for children emphasise the relationship between the child and their counsellor. Techniques such as person-centred therapy are an effective way of encouraging children to express their troubles. Play therapy and expressive therapy are also used, as they offer the child alternative methods that can enable the expression of deep-rooted feelings and emotions.

There are a wide range of issues that effect children, including bereavement, abuse and neglect. Sometimes children find it difficult to express their worries, which means that problems can be left unresolved and undetected. It is therefore often helpful to seek out professional help if one suspects that a child is fundamentally unhappy.

Counselling for children is similar to adult counselling. Both depend strongly on the development of a trusting relationship between counsellor and client. The child is allowed to tell their own story without fear of judgement or interrogation, in a safe reassuring environment.

Counselling for children begins with a careful assessment of the child and their needs, so that their issues can be responded to in the most appropriate manner.

### Therapists

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs. Please book an appointment through our reception service: 020 8673 4545 or email us.

Dr Siohban McCarthy

Dr Angela Wright

### Fee:

£90

### NHS Patients

The Awareness Centre provides primary care counselling services in Lambeth, working in partnership with GP (doctor) surgeries. If you are a patient at one of our partnership surgeries, you may be referred to us for NHS counselling by your GP. After referral from your GP or practice nurse, an initial assessment will be offered within 5 working days. We do not have any waiting lists for patients.

We will offer you weekly 50 minute counselling sessions. Appointments are available during Centre opening hours or at your GP surgery during the surgery's opening hours. Your counselling sessions are confidential, free of charge and run for 6 sessions.

Although your GP will be given some statistical information regarding the outcome of your counselling, the content of the sessions will not be disclosed to your GP without your written consent. If you are interested in receiving counselling via the NHS, please speak to your GP.

We accept NHS referrals from the following surgeries:

**Brixton Hill Group  
Practice**

22 Raleigh Gardens  
SW2 1AE  
T: 020 8674 6376

**Clapham Manor Surgery**

86 Clapham Manor Street  
SW4 6EB  
T: 020 7411 6866

**Landor Road Surgery**

134-136 Landor Road  
London SW9 9JB  
T: 0207 737 7550

**Hetherington Group  
Practice**

18 Hetherington Road  
London SW4 7NU  
T: 020 7274 4220

**Streatham Place Surgery**

26-28 Streatham Place  
London SW2 4QY  
T: 0208 678 5630

All our counsellors abide by the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy and The Awareness Centre has BACP Organisational Membership. Our Counsellors appreciate and respect difference and diversity in culture, age, ethnicity, race, gender, sexuality, physical ability & spirituality

## Medical health Insurance Services

If you want to use your private health insurance to pay for your therapy, then please contact Annie Moss our practice manager either by phone 020 8673 4545 or e-mail [manager@theawarenesscentre.com](mailto:manager@theawarenesscentre.com) and she will be able to refer you to see a therapist.

The first step of the process is referral to one of our psychiatrists who will assess whether you are suitable for therapy. The use of a psychiatrist in this process is standard and is one of the quality control measures used by insurers. Seeing a psychiatrist in this context is no indication that your presenting issues are unusual or difficult to treat.

Once referred, you can either see Michaela or one of our other therapists listed. You will be able to get an appointment to see a psychiatrist within one week and then start with your therapist a matter of days after that. The centre invoices your insurance company direct.

All our therapists are fully qualified, registered and fully insured. We are sure that you will be able to find someone to support your needs

Michaela McCarthy

Dr Siobhan McCarthy

Dr Angela Wright

Dr Hanna Heims

Janis Bredis

## Fee:

£150

## Low Cost Counselling and Psychotherapy Service

We are now providing Low Cost Counselling and Psychotherapy to clients during the day, evenings and weekends. Our trained and experienced therapists can provide support for:

- Anxiety & Stress
- Depression
- Post-Natal Depression
- Relationship Difficulties
- Sexuality
- Loneliness and Isolation
- Abuse & Domestic Violence
- Anger
- Bereavement & Loss
- Identity Issues
- Self-Esteem & Confidence
- Life Transitions
- Mid-Life Issues
- Obsessions
- Insomnia
- Recurrent or Chronic Illness
- Work Related Issues
- Assertiveness

To make an appointment to see one of our therapist then please contact Annie Moss our Practice Manager either by phone on 020 8673 4545 or via e-mail [manager@theawarenesscentre.com](mailto:manager@theawarenesscentre.com).

## **Fee:**

£25 – 35 for 50 minutes

## **Services for Counsellors and Psychotherapists**

### **Clinical Supervision**

We have a variety of senior psychotherapists and counsellors who work in private practice from The Awareness Centre and who are qualified clinical supervisors. They offer individual and group supervision to students and to more experienced practitioners.

You will gain support with your clinical practice either in the voluntary and/or private sector, you can gain support for essay and case study writing, the accreditation process, ethical issues, support with developing your private practice and more.

All our supervisors are fully qualified, accredited and insured. Please book an appointment through our reception service 020 8673 4545 or e-mail Annie Moss our Practice Manager [manager@theawarenesscentre.com](mailto:manager@theawarenesscentre.com)

### **Clinical Placements**

If you are an appropriately trained or recently qualified counsellor, psychotherapist or counselling psychologist, The Awareness Centre may be able to offer you a clinical placement to support your professional development. You can download our handbook to get further information.

Placements are offered within our NHS Counselling Service and counsellors may be based either at The Awareness Centre or within a local GP practice. Counsellors will hold a weekly caseload of four clients and work within a time-conscious (6 sessions) model. Our clinical approach is integrative/relational, and a number of our NHS practitioners also incorporate CBT techniques into their work.

Please note that clinical placements are restricted to therapists in the later stages of BACP accredited or UKCP registered trainings, or to those who have qualified and are building up their hours to apply for professional accreditation or registration. Candidates with relevant clinical experience are preferred, although each application is considered on its own merits. We are particularly interested in receiving applications from candidates who have experience of working with clients with mental health and/or addiction issues, or who are able to offer counselling in a second language.

Supervision is provided in-house on a fortnightly basis (alternating individual supervision with two-hour group supervision) with an accredited integrative psychotherapist. We also provide ongoing training in working within a time-conscious model and we also run assessment training. Weekly personal therapy is a requirement throughout the placement. Many counsellors remain in their placement for 2 years. After a period of professional development during their clinical placements, a number of our NHS counsellors have started private practices based at The Awareness Centre.

If you wish to make a preliminary enquiry about a clinical placement, please email us a copy of your CV specifying your training and one-to-one experience as a practitioner.

## Supervisors

Michaela McCarthy

Paul Croal

Christian Murphy

Patricia McEntee

## Fee:

Individual £50

Group £30

## Information for GP Surgeries

If you represent a GP surgery or other organisation looking for a counselling service, then please contact us. We will be happy to provide you with a proposal for your current counselling service in a format that will support your Primary Care Trust or other funding.

We can improve your current counselling service and work in partnership with you according to your particular requirements. As part of our contracting process with you, references will be available from our current GP surgery partners.

You can use our rooms or we can provide a service within your surgery or premises. All our counsellors are fully insured under The Awareness Centre's insurance policy.

