

**ASSOCIATION FOR  
RATIONAL EMOTIVE  
BEHAVIOURAL THERAPY**

**Registered in England**



Whilst anyone interested in the field of **Rational Emotive Behavioural Therapy** can become an **Affiliate** or **Associate** member of the Association, only those who have attained **one** or more of the following **qualifications** are recognised by the **Association** as **Qualified** to offer their services to the general public. Their details will show one or more of the following **letters** after their name:

**1a. MAREBT** i.e. Individual member of **AREBT** who has completed core training in REBT i.e. attained a minimum of Advanced level REBT and have additional relevant academic/professional qualification/s and registration in one or more of the following:

- Psychotherapy e.g. BABCP OR UKCP registered Psychotherapist
- Psychology e.g. Chartered psychologist
- Counselling e.g. BACP registered
- Nursing e.g. Occupational Therapist
- Psychiatry

**1b. Or** have attained a **Master of Science in REBT (MsC)**

- 2. AREBT Accredited - BABCP Accredited** or Equivalent body of Psychological attainment i.e. **BPS; BACP** etc. indicating recognised advanced level of experience and training.
- 3. SENIOR AREBT Accredited-** awarded to members who through five yearly re-accreditation assessment, have demonstrated Continued Professional Development and on going Supervision.
- 4. FAREBT:** Fellowship given to members of the Association who have been foremost in promoting REBT and The Association of Rational Emotive Behaviour Therapy.
- 5. AREBT Accredited Coach** i.e. Rational Emotive Behavioural Coach award.
- 6. UKCP** registered

Members who satisfy AREBT Membership Criteria **1b, 2, 3,4, 5, or 6** have demonstrated an **advanced level** of practice and study as indicated with **ACCREDITED** status next to their names.

Once accredited in **REB Therapy** members can also register on the joint AREBT/BABCP register of accredited RECBTers i.e. [www.cbtregister.com](http://www.cbtregister.com).

**To attain Accredited status an REBTER** must demonstrate they have successfully completed 450 hours of Cognitive and Behavioural training where REBT has formed a major component of the curriculum. Plus:

- Have completed 200 hours of supervised clinical practice
- Be receiving on-going monthly supervision in REBT.
- Demonstrate Continuing Professional Development through a yearly log made up of a minimum of 30hrs CPD

**Maintaining accreditation through AREBT requires the member to:**

- Demonstrate Continuing Professional Development through **five**, yearly logs made up of a minimum of 30hrs per annum
- Evidence of regular supervision detailed and verified by a qualified supervisor in REBT/CBT over the five years.
- Continued Membership of AREBT

**Key:**        **AEI:** Albert Ellis Institute

**AREBT:** Association for Rational Emotive Behaviour Therapy

**MAREBT:** Member of the Association for Rational Emotive Behaviour Therapy

**AREBT ACCREDITED:** Recognised advanced qualification in REBT.

**SENIOR AREBT ACCREDITED:** Recognised continued practice through five yearly CPD and supervision assessment to maintain Accredited status

**FAREBT:** Fellow of the Association for Rational Emotive Behaviour Therapy

**BABCP:** British Association for Behavioural & Cognitive Psychotherapies

**BACP:** British Association for Counselling & Psychotherapy

**BSCH:** British Society of Clinical Hypnosis.

**NRAH:** National Register of Advanced Hypnotherapists

**AREBT ACCREDITED COACH:**

**CPsychol:** Chartered Psychologist

**DCBT:** Diplomat in CB therapy – National Association of Cognitive Behavioural Therapists

All members must also engage in regular supervision, carry professional indemnity and public liability insurance and sign an agreement to abide by the AREBT code of ethics, practice and code of conduct. Visit our website <http://www.arebt.org> to read these codes. If you have any cause for complaint against a therapist who has not adhered to these codes log onto our website for details as to how to lodge a complaint.

## **AREBT THERAPIST LIST**

### **IN GEOGRAPHICAL - ALPHABETICAL ORDER**

**Under each named therapist is a listing of the specialist areas in which they work.**

#### **BUCKINGHAMSHIRE**

**Name: GILLIAN GARRATT**

**M.A. B.Ed (Hons)  
AREBT SENIOR ACCREDITED  
UKCP REGISTERED**

**Contact Tel No: 07710 524465**

**Best times to call: anytime**

**Website address: [www.counsellingcbt.com](http://www.counsellingcbt.com) & [www.happytalking.co.uk](http://www.happytalking.co.uk)**

#### **Client Groups:**

Adults 18 - 60

Older Adults 60+

#### **Treatment Areas:**

Anger Issues

Gender Issues/Sexual Identity Relationships

Anxiety/Panic

Learning Disability

Self Harm

Depression

Physical Health Problems

Trauma

PTSD

**Fees:** reduced fees available subject to circumstances and therapy available to students who are undertaking counselling/psychotherapeutic training.

**DORSET** (and **HAMPSHIRE**)

Name: **FRANK SMITH**      **AREBT SENIOR ACCREDITED**  
**BABCP ACCREDITED**  
**BACP ACCREDITED**  
**NRAH ACCREDITED**  
**UKRC & UKCHO Registered**

Also use: Person Centred; Solution Focused Brief Therapy; alongside Rational Emotive Behaviour Therapy, Cognitive Behavioural Therapy,

**Contact Tel No:** 07799410468

E-mail - [frank@counsellor.org.uk](mailto:frank@counsellor.org.uk)

Website – [www.counsellor.org.uk](http://www.counsellor.org.uk)

**Times of Client Contact/availability:** Client contact available on mobile all day + evenings mon - fri.

**Client Groups:**

Adults 18 – 60

Older Adults 60+

Family Groups

Couples

Group Therapy

**Treatment Areas:**

Eating Disorders

Phobias:

Alcohol & Substance Misuse

Anger Issues

Relationships

Gender Issues/Sexual Identity

Anxiety/Panic

Learning Disability

Self Harm

Sexual Abuse

Bipolar Disorder

Personality Disorder

Depression

Physical Health Problems

Trauma

PTSD

Addiction

Bereavement

Stress

Obsessive Compulsive Disorders

Chronic Fatigue/ME

Sleep Disorders

Chronic Pain/Pain Management

**Fees:** on request

**ESSEX**

**(ALSO PRACTICES IN LONDON)**

Name: **LORRAINE BARREAU**

**AREBT ACCREDITED  
BABCP ACCREDITED  
AEI trained Supervisor.**

**Contact Tel No:** 07967 560970

website Address: [www.theclinic.org.uk](http://www.theclinic.org.uk)

**Best times to call:** ANYTIME

**Times of Client Contact availability:** MON-FRI

### **Client Groups**

Adults 18-60

Home visits available to clients and reduced fees available for students who are undertaking counselling/psychotherapeutic training.

### **Treatment Areas:**

Eating Disorders

Phobias

Alcohol and Substance Misuse;

Anger Issues

Anxiety and Panic

Depression

PTSD

Gender Issues/Sexual Identity

OCD

Occupational Issues

Personality Disorder

Physical Health problems

Relationships

Self Harm

Sexual Abuse

Sleep Disorders

Trauma

## ESSEX REGION

Name **JOANNE OTON**

**AREBT ACCREDITED**  
**BABCP ACCREDITED**

**Contact tel no:** 07923 555 820

**email:** joanne.oton@yahoo.co.uk

**Website address:** [www.londonandessexcbt.com](http://www.londonandessexcbt.com)

**Best times to call** anytime – answer service available.

**Times of client contact availability:** Tuesday, Wednesday, Friday daytime/  
evenings and Saturday mornings

### **Client Groups:**

Adults 18 - 60

Older Adults 60+

Adolescents 13 - 17

Disabled access, plus reduced fees to students who as part of their recognised counselling/psychotherapeutic training course are required to have personal counselling

### **Treatment Areas:**

Eating Disorders

Phobias:

Sexual Abuse

Alcohol & Substance Misuse

Anger Issues

Sleep Disorders

Relationships

Anxiety/Panic

Self Harm

Chronic Fatigue/ME

Occupational Issues

PTSD

Chronic Pain/Pain Management

Personality Disorder

Depression

Physical Health Problems

Obsessive Compulsive Disorders

Trauma

**Fees on request**

## ESSEX

Name: **PAM SAUNDERS-WARD** **AREBT SENIOR ACCREDITED**  
**BABCP ACCREDITED**  
**BACP ACCREDITED**  
**EMDR practitioner and UK Trauma Group**  
**Registered**

**Contact Tel No:** Telephone: 01206 814 740  
Mobile: 07711 317 071  
Email: [pam@saunders-clinic.co.uk](mailto:pam@saunders-clinic.co.uk)  
Website: [www.saunders-clinic.co.uk](http://www.saunders-clinic.co.uk)

**Best times to call:** Office 9.00 to 5.00 Monday to Friday.

**Times of Client Contact availability** Morning: Afternoon: Saturday:

Website address: [www.saunders-clinic.co.uk](http://www.saunders-clinic.co.uk)

### Client Groups:

Children up to 12                      Adults 18 - 60                      Adolescents 13 - 17

Family Groups                      Couples                      Group Therapy

Home visits available

### Treatment Areas

ADHD/ADD                      Eating Disorders                      Phobias:

Alcohol & Substance Misuse                      Anger Issues                      Relationships

Anxiety/Panic                      Learning Disability                      Self Harm

Aspergers Syndrome                      Neuro                      Sexual Abuse

Bipolar Disorder                      Obsessive Compulsive Disorders

Sexual Health Issues                      Chronic Fatigue/ME

Occupational Issues                      Sleep Disorders

Chronic Pain/Pain Management                      Personality Disorder                      Depression

Physical Health Problems                      Trauma                      PTSD

**EMDR for Adults and Children**                      **Stress**

## **ESSEX**

Name **TREVOR MATHEWS**

**AREBT SENIOR ACCREDITED  
BABCP ACCREDITED**

As well as REBT/CBT I also use Compassion-Focused Therapy

**Contact Tel No . 01277 634817 or 0794 172 5293**

**Best times to call.....24hr Answer phone**

**Website address: [www.completecompany.co.uk](http://www.completecompany.co.uk)**

### **Client Groups:**

Children over 10 years      Adults 18 - 60      Older Adults 60+      Couples

Reduced fees available subject to client circumstances - also access to therapy for students undertaking a recognised counselling/psychotherapy training course.

**Times of Client Contact availability**      Morning – Afternoon - Evening

### **Treatment Areas:**

Phobias:                      Anger Issues                      Gender Issues/Sexual Identity

Relationships              Anxiety/Panic                      Trauma

Sexual Abuse              Bipolar Disorder                      Occupational Issues

Chronic Fatigue/ME      Sleep Disorders                      Depression

PTSD                      Sport Psychology                      Bereavement

Chronic Pain/Pain Management                      Physical Health Problems

Obsessive Compulsive Disorders

Christian dilemmas, Spiritual problems, Mentoring, Coaching, Personal Safety, and Resilience Training/Counselling

## HAMPSHIRE

Name: **FRANK SMITH**

**AREBT SENIOR ACCREDITED  
BABCP ACCREDITED  
BACP ACCREDITED  
NRAH ACCREDITED  
UKRC & UKCHO Registered**

Also use: Person Centred; Solution Focused Brief Therapy; alongside Rational Emotive Behaviour Therapy, Cognitive Behavioural Therapy

Contact Tel No: 07799410468

E-mail - [frank@counsellor.org.uk](mailto:frank@counsellor.org.uk)

Website - [www.counsellor.org.uk](http://www.counsellor.org.uk)

**Times of Client Contact/availability:** Client contact available on mobile all day + evenings mon - fri.

### Client Groups:

Adults 18 – 60

Older Adults 60+

Family Groups

Couples

Group Therapy

### Treatment Areas:

Eating Disorders

Phobias:

Alcohol & Substance Misuse

Anger Issues

Relationships

Gender Issues/Sexual Identity

Anxiety/Panic

Learning Disability

Self Harm

Sexual Abuse

Bipolar Disorder

Personality Disorder

Depression

Physical Health Problems

Trauma

PTSD

Addiction

Bereavement

Stress

Obsessive Compulsive Disorders

Chronic Fatigue/ME

Sleep Disorders

Chronic Pain/Pain Management

**Fees:** on request

**HAMPSHIRE (including Southampton, Winchester, and surrounding areas)**

Name **RON MELDRUM**

**AREBT SENIOR ACCREDITED  
BABCP ACCREDITED**

**Also use EMDR within my practice.**

**Contact Tel No: 07743901122**

**Best times to call** Anytime.

**Times of Client Contact availability** Evening

**Website address:** [www.cognitivetherapy4u.co.uk](http://www.cognitivetherapy4u.co.uk)

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Couples

Group Therapy

Home visits and reduced fees available; also access to therapy for students undertaking a recognised counselling/psychotherapy training course.

**Treatment Areas:**

Eating Disorders

Phobias:

Trauma

Alcohol & Substance Misuse

Anger Issues

Relationships

Anxiety/Panic

Sexual Abuse

PTSD

Obsessive Compulsive Disorders

Occupational Issues

Depression

PTSD

## **ISLE OF WIGHT**

Name **JACQUELINE SMITH**

**AREBT ACCREDITED**  
**BABCP Member**  
**BACP ACCREDITED**  
**EMDR Accredited**

**Contact Tel No:** 07793 198447 or 01983854299

**Best times to call** Anytime.

**Website address:** [www.cognitize.com](http://www.cognitize.com) E-mail [enquiries@cognitize.com](mailto:enquiries@cognitize.com)

### **Client Groups:**

Adults 18 - 60 Older Adults 60+

### **Treatment Areas**

Trauma Work

**Post Traumatic Stress Disorder**

#### **Phobias**

Anger

Depression

Panic Disorder

Relationship Issues

Occupational Issues

Health Anxiety

Sleep Disorders

Anxiety

Obsessive Compulsive Disorder (OCD)

Body Dysmorphia Disorder (BDD)

Fees on request

**HERTSFORDSHIRE:**

Name: **MEIR STOLEAR**

**AREBT SENIOR ACCREDITED  
BABCP ACCREDITED**

Contact Tel No: 07900 258207

Website address: [www.cbtcare.com](http://www.cbtcare.com)

Times of client Contact availability: Day & Evenings.

Languages available: English & Hebrew

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Family Groups

Couples

Group Therapy

Reduced fees available subject to client circumstances - also access to therapy for students undertaking a recognised counselling/psychotherapy training course.

**Treatment Areas:**

ADHD/ADD

Eating Disorders

Phobias:

Anger Issues

Relationships

Depression

Anxiety /Panic

Bipolar Disorder

Trauma

Obsessive Compulsive Disorders

Chronic Fatigue/ME

PTSD

Occupational Issues

Sleep Disorders

Chronic Pain/Pain Management

**KENT** Areas: serviced: **Sevenoaks, Tonbridge, Tunbridge Wells**

Name: **EDELWEISS COLLINGS MsC AREBT**

**Also use CBT, Multimodal Therapy**

**Tel:** 07880715448

**Best time to call:** anytime

**Client spaces available:** Mornings/afternoon

**Client Groups:**

Adolescents 13-17

Adults 18 - 60

Older Adults 60+

Family Groups

Couples

Group therapy

Home visits to clients available in Sevenoaks, Tonbridge, Tunbridge Wells and reduced cost therapy available to students attending a counselling, psychotherapy training course

**Treatment Areas:**

Anger Issues

Eating Disorders

phobias:

Depression

Relationships

Anxiety/Panic

OCD

Sexual abuse

Bipolar disorder

Post Traumatic Stress Disorder

**Fees:** reduced fees available

Name: **NOREEN EMMANS**

**AREBT SENIOR ACCREDITED  
BACP ACCREDITED  
UKCP REGISTERED**

**Tel:** 01227 362220

**Best time to call:** Mornings **Available on mobile** at other times: 07976 546382

**Client spaces available:** Mornings except Fridays - Saturdays am Friday - Eve

**Website address:** [www.noreenemmans.co.uk](http://www.noreenemmans.co.uk)

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Couples

Home visits to clients available up to a 30 mile radius and therapy available to students attending a counselling/psychotherapy training course

**Treatment Areas:**

Anger Issues

Relationships

Anxiety/Panic

Occupational Issues

Trauma

Gender Issues/Sexual Identity

**Fees:** reduced fees available

**KENT (ALSO SERVICE SE LONDON)**

Name **IRENE TUBBS**

**FAREBT**

**AREBT SENIOR ACCREDITED**

**BABCP ACCREDITED**

**BACP SENIOR ACCREDITED**

**AREBT ACCREDITED COGNITIVE BEHAVIOURAL COACH**

**Offers: Rational Emotive Cognitive Behavioural Education certificated training courses for those working with or teaching children**

Also uses Multi-modal therapy, Stress Management & Health Coaching.

**Contact Tel No:** 01322 862158

**Best times to call** anytime – answer service available.

email: [iatubbs@aol.com](mailto:iatubbs@aol.com)

website: [www.optimumwellbeing.org.uk](http://www.optimumwellbeing.org.uk)

**Times of Client Contact availability** Morning/Afternoon Tues & Thurs  
Evenings -Monday & Wednesday

**Client Groups:**

Children up to 12

Adults 18 - 60

Older

Adults 60+

Adolescents 13 - 17

Couples

Also offer therapy to students undertaking counselling/psychotherapy training and CPD training courses in CBT/REBT/Stress Management/Relaxation and Health & Wellbeing Coaching, plus Rational Emotive Cognitive Behavioural Education certificated training courses for those working with or teaching children

**Treatment Areas:**

Eating Disorders

alcohol & substance misuse

Trauma

Phobias

anger issues

Depression

Anxiety/Panic

Self Harm

Sexual Abuse

Sexual Health Issues

Chronic Fatigue/ME

Fertility

Occupational Issues

Sleep Disorders

PTSD

Sport Psychology

Relationship

Stress

Obsessive Compulsive Disorders Chronic Pain/Pain Management

Physical Health Problems

Recovery after illness

Gender Issues/sexual identity

Poor self esteem - Coaching for confidence

**Fees:** available on request

## **KENT**

Name: **ANN THOMPSON**

**MSC (Accred)**

**MAREBT**

**MBACP**

**CCYP**

**Diploma CLINICAL SUPERVISOR**

**Contact tel No:** 07946-541459 or 0133-557737

**Times of Client contact availability:** appointments weekdays, evenings & weekends

**Website address:** [www.bexley-counselling.co.uk](http://www.bexley-counselling.co.uk)

### **Client Groups:**

Children up to 12  
Adolescents 13 - 17

Adults 18 - 60  
Couples

Older Adults 60+

In addition home visits and sliding scale of fees available; as well as access to therapy for students who are undertaking recognised training in counselling/psychotherapy

### **Treatment Areas:**

ADHD/ADD

Eating Disorders

Phobias:

Alcohol & Substance Misuse

Forensic

Relationships

Psychosis/Schizophrenia

Anger Issues

Self Harm

Gender Issues/Sexual Identity

Anxiety/Panic

Bipolar

Learning Disability

Aspergers Syndrome

Sexual Abuse

Obsessive Compulsive Disorders

Sexual Health Issues

Trauma

Chronic Fatigue/ME

Occupational Issues

Sleep Disorders

Chronic Pain/Pain Management

Personality Disorder

PTSD

Depression

Physical Health Problems

Trauma

## **LEICESTERSHIRE**

Name **CHRISTOPHER HEVEY**

**AREBT ACCREDITED**

**Contact Tel No:** 07799546854.& 0116 2849330

**Best times to call** evenings

**Times of Client Contact availability** Morning Afternoon Evening

**Fees:** available on request

### **Client Groups:**

Children up to 12

Adults 18 - 60

Older Adults

Adolescents 13 - 17

Family Groups

Home visits available and access to therapy for students who are undertaking recognised training in counselling/psychotherapy

### **Treatment Areas:**

ADHD/ADD

Alcohol & Substance Misuse

Gender Issues/Sexual Identity

Relationships

Anxiety/Panic

Obsessive Compulsive Disorders

Occupational Issues

Sleep Disorders

Sport Psychology

Depression

Trauma

Early Intervention Service project designed to offer evidenced based training programmes and support to parents experiencing difficulty in managing their children's behaviour.

**LONDON REGION (Maida Vale & Marble Arch venues)**

Name **RAMEEZ ALI**

**AREBT ACCREDITED THERAPIST  
AEI RECOGNISED SUPERVISOR  
AREBT ACCREDITED SUPERVISOR**

**Contact Tel No:** 07973800909

**Times of Client Contact - availability** Tuesday, Thursday , Friday evenings and Saturday afternoons in Maida Vale or Marble Arch venues.

**Language/s spoken:** English Urdu Punjabi and Kashmiri

**Client Groups:**

Adults 18 - 60 Couples Group Therapy

Refugees/Asylum Seekers

Offer reduced fees to Students on a recognised counselling/psychotherapeutic training course:

**Treatment Areas:**

Eating Disorders

Phobias

Forensic

Psychosis/Schizophrenia

Anger Issues

Relationships

Anxiety/Panic

Self Harm

Sexual Abuse

Bipolar Disorder

Personality Disorder

Depression

Trauma

PTSD

Alcohol & Substance misuse

Occupational Issues

**Fees:** available on request

**LONDON REGION (CENTRAL)**

Name: **BERNADETTE AINSWORTH**

**BA(Hons) MSc.  
MAREBT**

**Contact Telephone No. 0207 240 1535**

**Best times to call:** 9 a.m. – 6 p.m. answer service available.

e-mail: [bernadettelainsworth@msn.com](mailto:bernadettelainsworth@msn.com)

**Time of client availability:** Daytimes and early evenings.

**Client Groups:**

Adolescents 13-17

Adults 18 - 60

Older Adults 60+

Couples

Group therapy

Asylum seekers

Home visits and reduced fees available in certain circumstances

**Treatment areas:**

Emotional Problems

Low Self-esteem and confidence-building

Anxiety (including exam nerves)

Bi-Polar Disorder

Depression

Eating Addiction

Bulimia Nervosa

Obsessive Compulsive Disorder.

Fees available on request.

## **LONDON REGION**

Name: **LORRAINE BARREAU**

**AREBT ACCREDITED  
BABCP ACCREDITED  
UKCP REGISTERED  
AEI trained Supervisor.**

**Contact Tel No:** 07967 560970

website Address: [www.theclinic.org.uk](http://www.theclinic.org.uk)

**Best times to call:** ANYTIME

**Times of Client Contact availability:** MON-FRI

### **Client Groups**

Adults 18-60

Home visits available to clients and reduced fees available for students who are undertaking counselling/psychotherapeutic training.

### **Treatment Areas:**

Eating Disorders

Phobias

Alcohol and Substance Misuse;

Anger Issues

Anxiety and Panic

Depression

PTSD

Gender Issues/Sexual Identity

OCD

Occupational Issues

Personality Disorder

Physical Health problems

Relationships

Self Harm

Sexual Abuse

Sleep Disorders

Trauma

Fees available on request

## **LONDON REGION**

Name **DENNIS R BURY**

**MAREBT: CPsychol:**

**BABCP ACCREDITED**

Also use Mindfulness, CBT, Personal Construct Therapy, Multi Modal Therapy and EMDR within my practice.

**Contact Tel No.** 020 8348 9181.

Website address: [www.dennisbury.co.uk](http://www.dennisbury.co.uk)

**Times of Client Contact availability**      Morning      Afternoon      Evening  
weekdays

**Fees:** available on request

Disabled access available in N & N8 venues.

### **Client Groups:**

Adults 18 - 60

Older Adults 60+

Adolescents 13-17

Couples

Group Therapy

Refugees/Asylum seekers

Home visits available (within two miles). Therapy available to students who are part of their recognised counselling/psychotherapeutic training course are required to have personal counselling

### **Treatment Areas:**

Eating Disorders

Phobias:

Relationships

Anxiety/Panic

Obsessive Compulsive Disorders

Occupational problems

Depression

Trauma

PTSD

## **LONDON REGION**

Name: **THELMA DABOR**

**AREBT SENIOR ACCREDITED  
BABCP ACCREDITED**

Also use Schema Focused Therapy, Reality Therapy

**Contact no.:** 07779413031 Best times to call: Evenings

**Time of Clients contact availability:** Saturday

### **Client Groups:**

Adults 18 - 60

Group therapy

In addition reduced fees available, and access to therapy for students who are attending a recognised counselling/psychotherapy training course.

### **Treatment Areas:**

Phobias:

Anger Issues

Relationships

Anxiety/Panic

Self Harm

Sexual Abuse

Bipolar Disorder

Trauma

Sexual Health Issue

PTSD

Chronic Fatigue/ME

Depression

Occupational Issues

Sleep Disorders

Chronic Pain/Pain Management

physical Health problems

Obsessive Compulsive Disorders

**Fees:** available on request

## **LONDON REGION**

**Name Dr. MIA DEBIDIN**

**MAREBT  
BPS Chartered Psychologist**

**Contact Tel No: 07952 907 908**

**Best times to call: between 9am – 5pm**

**Times of Client Contact availability** Morning/Afternoon/Evenings  
Weekends

### **Client Groups:**

Adults 18 - 60

In addition home visits and reduced fees available; plus access to therapy for students undertaking a recognised counselling/psychotherapeutic training course.

### **Treatment Areas:**

Anger Issues

Anxiety

Self Harm

Obsessive Compulsive Disorders

Depression

PTSD

**LONDON REGION (Central and South)**

**Name** NICOLA MARTIN

**MsC**

**Contact Tel No:** 020 8675 1598

**Best times to call:** 9.30am – 1.30pm

**Times of Client Contact availability** Morning / afternoon

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Adolescents 13-17

Couples

**Treatment Areas:**

Eating Disorders

General Phobias

PTSD

Anxiety/Panic

Depression

Trauma

Anger issues

Relationships

Stress

Obsessive Compulsive Disorders

Low Self Worth

**Methods used:**

Hypnotherapy, CBT, Mindfulness, Traumatic Incident Reduction (TIR)

**LONDON REGION (Central and South)**

**Name VANESSA WALLACE**

**MAREBT**

As well as REBT also use 12 step model Interpersonal group therapy.

**Contact Tel No:** 07917061284

**Best times to call:** between 5pm-10pm Mon- Fri & Sat 9am – 5pm

**Times of Client Contact availability** Mon/Tues/Thurs/Fri Evenings & Saturday 9am-5pm

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Group Therapy

Reduced fee and home visits available, plus access to therapy/supervision for students undertaking a recognised counselling/psychotherapy training course.

**Treatment Areas:**

ADHD/ADD

Eating Disorders

PTSD

Personality Disorder

Alcohol & Substance misuse

Anxiety/Panic

Psychosis/Schizophrenia

Anger issues

Gender Issues/Sexual Identity

Relationships

Self Harm

Bipolar Disorder

Obsessive Compulsive Disorders

Sexual Health Issues

Depression

Addictions: Gambling, sexual, internet, work, parenting, Abuse issues and domestic violence, criminal offending behaviour.

## **LONDON REGION**

Name: **PROFESSOR WINDY DRYDEN**

**FAREBT  
AREBT SENIOR ACCREDITED  
BABCP ACCREDITED  
UKCP REGISTERED**

**Contact No:** 07971 214196

**Best time to call:** Business hours

**Client contact availability:** Weekdays 10-6

### **Client Groups:**

Adults 18 - 60

Older Adults 60+

Couples

Group Therapy

### **Treatment Areas:**

Alcohol & Substance Misuse

Anger Issues

Gender Issues/Sexual Identity

Relationships

Anxiety/Panic

Self Harm

Sexual Abuse

Bipolar Disorder

Obsessive Compulsive Disorders

PTSD

Personality Disorder

Depression

Trauma

**Fees available on request.**

## **LONDON (North, West and Central)**

Name: **TONY FREEMAN**

**MAREBT  
BACP**

Also use Hypnotherapy. EMDR (Trauma treatment)

**Contact Tel No:** 07894 902 03 Website address: [www.freemancbt.com](http://www.freemancbt.com)

**Best Times to Call:** Anytime **Client contact availability:** Daytimes: plus some evening and weekend appointments

Therapy provided in English or Japanese

### **Client Groups:**

|                         |                |                  |
|-------------------------|----------------|------------------|
| Adolescents 13 - 17     | Adults 18 - 60 | Older Adults 60+ |
| Family Groups           | Couples        | Group Therapy    |
| Refugees/Asylum Seekers |                |                  |

Home visits available. Plus reduced fees for students who as part of their recognised counselling/psychotherapeutic training course are required to have personal counselling?

### **Treatment Areas:**

|                               |                               |                  |
|-------------------------------|-------------------------------|------------------|
| ADHD/ADD                      | Eating Disorders              | Phobias:         |
| Alcohol & Substance Misuse    | Psychosis/Schizophrenia       | Trauma           |
| Anger Issues                  | Relationships                 | Anxiety/Panic    |
| Learning Disability           | Self Harm                     | Neuro            |
| Aspergers Syndrome            | Sexual Abuse                  | Bipolar Disorder |
| Sexual Health Issues          | Chronic Fatigue/ME            | PTSD             |
| Occupational Issues           | Sleep Disorders               | Depression       |
| Chronic Pain/Pain Management  | Gender Issues/Sexual Identity |                  |
| Obsessive Compulsive Disorder | Personality Disorder          |                  |
| Sport Psychology              | Physical Health Problems      |                  |

**LONDON (SW1; SW4; SW8; WC1)**

Name: **DANIEL FRYER**

**MAREBT  
MsC RECBT  
Clinical Hypnotherapy**

**Contact Tel No:** 07956 839476

**Website:** [www.danielfryer.com](http://www.danielfryer.com)

**Email:** info@danielfryer.com

**Best Times to Call:** 9-6      **Client contact availability:** Morn; Aft; evening

**Client Groups:**

Adolescents 13 - 17      Adults 18 - 60      Older Adults 60+  
Gay

Reduced fees for students who as part of their recognised counselling/psychotherapeutic training course are required to have personal counselling?

**Treatment Areas:**

Eating Disorders      Phobias:  
Depression      Occupational Issues  
Alcohol & Substance Misuse      Anger Issues  
Anxiety/Panic      Sexual Abuse  
Sexual Health Issues      Chronic Fatigue/ME  
Chronic Pain/Pain Management      Gender Issues/Sexual Identity  
Obsessive Compulsive Disorder      Physical Health Problems

**Fees on request:**

**LONDON: Central & SW London (KT2)**

**Name: BEVERLEY HARPER**

**MAREBT  
MsC RE&CBT**

**Contact Tel No:** 0780 890 1177 or email [info@beverleyharper.co.uk](mailto:info@beverleyharper.co.uk)

**Website:** [www.beverleyharper.co.uk](http://www.beverleyharper.co.uk)

**Times of client availability:** Morning, Afternoon, evenings

**Best time to Call:** Any

**Client groups**

Adults 18-60

Older adults 60+

Couples

Group Therapy

**Treatment areas:**

Eating Disorders

Phobias

Alcohol & Substance Misuse

Anger Issues

Depression

Trauma

Relationships

Anxiety/Panic

Self Harm

Sexual Abuse

Obsessive Compulsive Disorders

Sexual Health Issues

Chronic Fatigue/ME

Occupational Issues

Sleep Disorders

Physical Health Problems

Sport Psychology

PTSD

Fertility

Fees on request:

**LONDON REGION (South East & Kent)**

**Name: GLADEANA McMAHON**

**AREBT SENIOR ACCREDITED**

**BABCP ACCREDITED**

**BACP ACCREDITED**

**UKCP REGISTERED**

**AREBT ACCREDITED COGNITIVE BEHAVIOURAL COACH**

**Contact Tel No:** 020 8852 4854.  
service

**Best times to call.** Anytime – answering

**Times of Client Contact**

**availability** Morning Afternoon. Evening Saturday

**Website address:** [www.cognitivebehaviouralcoachingworks.com](http://www.cognitivebehaviouralcoachingworks.com)  
[www.gladeanamcmahon.com](http://www.gladeanamcmahon.com)

**Client Groups:**

Adults 18-60

Couples

Home visits dependent on location: Also offer therapy to students undertaking counselling/psychotherapy training.

**Treatment Areas:**

Phobias

Alcohol & Substance Misuse

Anger Issues

Gender Issues/Sexual Identity

Relationships

PTSD

Anxiety/Panic

Obsessive Compulsive Disorders

Stress Depression

Physical Health Problems

Trauma

Coaching for Confidence

Coaching

Also use CBT, Multi-modal and Stress Management within therapy.

**Fees:** available on request

**LONDON REGION (SOUTH EAST, BROMLEY / CROYDON**

Name **DENISE CHRISTY**

**BACP MEMBER**

**Contact Tel No:** 07889 519138

**Email:** denisechristy@hotmail.com

**Best times to call:** anytime -  
answering service

**Times of Client Contact availability**  
evenings

Morning, Afternoon, some

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Adolescents 13-17

Couples

**Treatment Areas:**

Anger Issues

Depression

Trauma

Relationships

Anxiety/Panic

Sexual Abuse

Obsessive Compulsive Disorders

Chronic Fatigue/ME

Occupational Issues

PTSD

Chronic Pain/Pain Management

Also use CBT within therapy.

Disabled Access: yes

Reduced fee therapy to students who as part of their recognized training program must engage in personal therapy.

## **LONDON REGION**

Name **DEBORAH MALKI**

**AREBT ACCREDITED  
UKCP REGISTERED**

**Contact Tel No:** 07960-186344

**Best times to call** daytime

**Times of Client Contact availability**

Morning

Afternoon

Therapy provided in English and Italian

Specialist treatment areas that you wish to list, please highlight: Anxiety, Panic, Depression, OCD, Phobias, Relationship issues, Self-esteem issues.

### **Client Groups:**

Adults 18 - 60

Reduced fees available to students who as part of their recognised counselling/psychotherapeutic training course are required to have personal counselling

### **Treatment Areas:**

ADHD/ADD

Anger Issues

Relationships

Obsessive Compulsive Disorders

Chronic Fatigue/ME

Sleep Disorders

Personality Disorder

Depression

Physical Health Problems

Trauma

## **LONDON REGION (CENTRAL)**

Name: **IAN MARTIN**

**AREBT ACCREDITED**

**MBSCH**

**Also use Mindfulness**

Contact Tel No: 07976 700808

Call anytime – answer phone available

website: [www.ianseph.com](http://www.ianseph.com)

Practise times: Monday 2 - 6pm Central London  
Wednesday 9am - 6pm Roehampton & Central London  
Friday 9am - 6pm Kew & Central London

### **Client Groups:**

Adults 18 - 60 Older Adults 60+ Couples Group  
Therapy

**Fees:** negotiable

### **Treatment Areas:**

Eating Disorders Anger Issues  
Gender Issues/Sexual Identity Trauma  
Anxiety/Panic Sexual Health Issues  
Depression Self harm  
Aspergers Syndrome Personality Disorder  
Sport Psychology Phobias  
Alcohol & substance misuse Relationships  
Sexual abuse Bipolar disorder  
Chronic Fatigue/ME Occupational issues  
Sleep disorders Physical Health problems  
PTSD Obsessive Compulsive Disorders

## LONDON REGION

Name **PROFESSOR STEPHEN PALMER**

**FAREBT**

**AREBT SENIOR ACCREDITED THERAPIST**

**AEI SUPERVISOR**

**AREBT ACCREDITED TRAINER & IN CBTSUPERVISOR**

**AREBT ACCREDITED COGNITIVE BEHAVIOURAL COACH**

**NACBT DIPLOMATE IN CBT**

**IABMCP DIPLOMATE IN COUNSELLING, PSYCHOTHERAPY &  
COACHING**

**UKCP REGISTERED (CBT & REBT)**

**contact Tel No:** 0845 680 2065.

**websites:** [www.centresofexpertise.com](http://www.centresofexpertise.com)  
[www.managingstress.com](http://www.managingstress.com)

**email:** [dr.palmer@btinternet.com](mailto:dr.palmer@btinternet.com)

**Best times to call**

10.00am – 4.45pm Monday to Friday

**Times of Client Contact availability**

as above

**Client Groups**

Adults 18 - 60

Older Adults 60+

Adolescents 13 -17

Stress management groups for organisations

**Treatment Areas**

Phobias

Relationships

Anxiety/Panic

Obsessive Compulsive Disorders

Occupational Issues

Chronic Pain/Pain Management

Depression

Physical Health Problems

Trauma

PTSD

## LONDON

Name **CHRISTOS PAPALEKAS**

**AREBT ACCREDITED  
BABCP/BACP & BPS Member  
Also use Schema Focused  
Therapy and**

**Psychodrama**

**Contact Tel No: 07930852031**

Best times to call - afternoon & evening – answer service available

**Times of client contact availability**

Evenings- Monday to Friday

email: [papalekasc@yahoo.com](mailto:papalekasc@yahoo.com)

**Languages offered:**

English

Greek

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Group Therapy

Couples

Therapy also available to students undertaking a counselling/psychotherapy training course.

**Treatment Areas:**

Anger Issues

Gender Issues/Sexual Identity

OCD

Trauma

Phobias

PTSD

Anxiety/Panic

Sexual Health Issues

Sexual abuse

EMDR for adults

Depression

Self harm

Personality Disorder

Sport Psychology

Eating disorders

Relationships

**Fees:** available on request

## **LONDON REGION (S.E.3)**

Name **PETER RUDELL BA(Hons) FAREBT**  
**AREBT SENIOR ACCREDITED**  
**BABCP ACCREDITED**  
**UKCP REGISTERED**

**Contact Tel No:** 0845 680 2065. **Best times to call...**10.00 am - 4.45pm  
Mon to Fri

**Email:** [ruddell@btinternet.com](mailto:ruddell@btinternet.com)

**Times of Client Contact availability:** as above

**Website address:** [www.managingstress.com](http://www.managingstress.com)

### **Client Groups:**

Adults 18 - 60                      Older Adults 60+                      Couples

Also provide access to therapy for students who are undertaking recognised training in counselling/psychotherapy

### **Treatment Areas:**

Anger Issues                      Sexual Abuse  
Trauma                      Obsessive Compulsive Disorders  
Chronic Fatigue/ME                      Occupational Issues  
Sleep Disorders                      Chronic Pain/Pain Management  
Depression                      Physical Health Problems  
PTSD

**Fees on request:**

**LONDON REGION (SW1)**

Name: **ROBERTA GALLUCCIO RICHARDSON, Ph.D. CPsychol;**

**AREBT ACCREDITED:**

**American Psychological Association**

**(APA) Faculty member:**

**Certified REBT supervisor (USA & UK)**

**Also use Mindfulness.**

**contact number : 07733 089223      best times to call 10:00 am to 5:00 pm**  
mon-fri

**Website address: [www.rational-psychology.co.uk](http://www.rational-psychology.co.uk)**

**Other language spoken as well as English:      ITALIAN**

**Client Groups:**

Children up to 12

Adults 18 - 60

Older Adults 60+

Adolescents 13 - 17

**home visits available**

**Treatment Areas:**

ADHD/ADD

Eating

Disorders

Phobias:

Relationships

Anxiety/Panic

Learning Disability

Trauma

OCD

Depression

Parenting skills

PTSD

Anger

Physical Health Problems

Social/organizational skills

Oppositional defiant disorder

Alcohol & Substance Misuse

**Fees on request**

**LONDON REGION (East – Hatton Garden)**

Name: **MEIR STOLEAR**

**AREBT SENIOR ACCREDITED  
BABCP ACCREDITED**

Contact Tel No: 07900 258207

Website address: [www.cbtcare.com](http://www.cbtcare.com)

**Times of client Contact availability** Day & Evenings.

**Languages available:** English & Hebrew

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Family Groups

Couples

Group Therapy

Reduced fees available subject to client circumstances - also access to therapy for students undertaking a recognised counselling/psychotherapy training course.

**Treatment Areas:**

ADHD/ADD

Eating Disorders

Phobias:

Anger Issues

Relationships

Depression

Anxiety /Panic

Bipolar Disorder

Trauma

Obsessive Compulsive Disorders

Chronic Fatigue/ME

PTSD

Occupational Issues

Sleep Disorders

Chronic Pain/Pain Management

Fees on request

## LONDON REGION (SOUTH EAST & KENT)

Name **IRENE TUBBS FAREBT**  
**AREBT SENIOR ACCREDITED**  
**BABCP ACCREDITED**  
**BACP SENIOR ACCREDITED**  
**AREBT ACCREDITED COGNITIVE BEHAVIOURAL COACH**

Also use Multi-modal Therapy, Stress Management & Coaching.

**Contact Tel No:** 01322 862158    **Best times to call** anytime – answer service  
email: [iatubbs@aol.com](mailto:iatubbs@aol.com)  
website: [www.optimumwellbeing.org.uk](http://www.optimumwellbeing.org.uk)

**Times of Client Contact availability** Morning/Afternoon Tues & Thurs  
Evenings - Monday & Wednesday  
only

### Client Groups:

Children up to 12                      Adults 18 - 60                      Older Adults 60+  
Adolescents 13 - 17                      Couples

Also offer therapy to students undertaking counselling/psychotherapy training and offer CPD training courses in CBT/REBT/Stress Management/Relaxation and Health & Wellbeing Coaching and Rational Emotive Cognitive Behavioural Education certificated training courses for those working with or teaching children

### Treatment Areas:

|                                |                              |                        |
|--------------------------------|------------------------------|------------------------|
| Eating Disorders               | alcohol & substance misuse   | Phobias                |
| anger issues                   | Anxiety/Panic                | Self Harm              |
| Sexual Abuse                   | Trauma                       | Fertility              |
| Sexual Health Issues           | Depression                   | PTSD                   |
| Chronic Fatigue/ME             | Occupational Issues          | Sleep Disorders        |
| Sport Psychology               | Physical Health              |                        |
| Problems      Stress           |                              | Recovery after illness |
| Gender Issues/sexual identity  |                              |                        |
| Relationship                   | Coaching for confidence      | Disease                |
| Obsessive Compulsive Disorders | Chronic Pain/Pain Management |                        |

**Fees:** available on request

**LONDON REGION (postal areas: East 4/5/8/9/10/11/17/18 North 9/15/16/17/18)**

Name **COLIN WILLIAMS**

**AREBT ACCREDITED**

Contact Tel No: 07764 368736

email: mytherapist@hotmail.co.uk

**Best times to call** anytime

**Client Groups:**

Adults 18 - 60

Couples

Group Therapy

**Treatment Areas:**

Eating Disorders

Phobias

Alcohol & Substance misuse

Anger Issues

Relationships

Anxiety/Panic

Sexual Abuse

Sexual Health Issues

Chronic Fatigue/ME

Trauma

PTSD

Occupational Issues

Chronic Pain/Pain Management

Depression

Physical Health Problems

Gender Issues/Sexual Identity

Obsessive Compulsive Disorders

**In addition** I am practiced in **Mindfulness**; make **home visits** to clients and offer therapeutic support for students who are studying a counselling/psychotherapy course

**Fees: I offer a** sliding scale of fees dependant on client income

**NORFOLK ( servicing Norwich & N.Norfolk)**

Name **TED WALLACE**

**AREBT ACCREDITED**

**BABCP REGISTERED**

**UKCP REGISTERED**

Also use Multimodal CBT, Brief Solution Focused Therapy

**Contact Tel No** 01263 761667

email: [wenspur@yahoo.co.uk](mailto:wenspur@yahoo.co.uk)

**Best time to call:** evenings or leave answer-phone message

**Times of client availability** am / pm

**Client groups**

Adults 18 60

Adults 60 + Older

**Treatment areas**

Alcohol

Anger

Anxiety/Panic

Chronic Fatigue/ME

Depression

PTSD

Eating Disorders

Occupational;

Relationships

Self-harm

Trauma

Harassment/Bullying

Resettlement Therapy:

**Fees** available on Request: Sliding scale Possible

**NORFOLK (also cover parts of Lincolnshire & Cambridgeshire)**

Name **REBECCA JUDGE**

**AREBT ACCREDITED  
BABCP ACCREDITED  
RNMH, BSc, MSt,  
MSc RECBT**

**Contact Tel No:** 01366 320782  
07530 928070

**website:** [www.cbtnorfolk.co.uk](http://www.cbtnorfolk.co.uk)  
**email:** [rebeccajudge@live.co.uk](mailto:rebeccajudge@live.co.uk)

**Best times to call** anytime – answer service available.

**Times of Client Contact availability** Evenings (weekdays)  
Friday and Saturday all day

**Client Groups:**

|                     |                |                  |
|---------------------|----------------|------------------|
| Children up to 12   | Adults 18 - 60 | Older Adults 60+ |
| Adolescents 13 - 17 | Family Groups  | Couples          |

Also provide therapy to students undertaking a recognized therapeutic or counselling training as part of their studies.

**Home visits and low fees available**

**Treatment Areas:**

|                                |                      |                     |
|--------------------------------|----------------------|---------------------|
| ADHD/ADD                       | Eating Disorders     | Phobias             |
| Alcohol & Substance Misuse     | Anger Issues         | Relationships       |
| Gender Issues/Sexual Identity  | Anxiety/Panic        | Learning Disability |
| Physical Health Problems       | Aspergers Syndrome   | Neuro               |
| Sexual Abuse                   | Bipolar Disorder     | Depression          |
| Obsessive Compulsive Disorders | Chronic Fatigue/ME   | Trauma              |
| Occupational Issues            | Sleep Disorders      | PTSD                |
| Chronic Pain/Pain Management   | Personality Disorder | Self Harm           |

## **NOTTINGHAM**

Name: **NIGEL PUGH**

**MAREBT**

**Contact Tel No** : 07709 428860

email [email4nige@gmail.com](mailto:email4nige@gmail.com)

**Best times to call:** Anytime before 8pm

**Times of Client Contact availability** variable.

### **Client Groups:**

Adults 18 – 60

Older Adults 60+

Family Groups

Couples

Group Therapy

### **Treatment Areas:**

Eating Disorders

Phobias:

Alcohol & Substance Misuse

Anger Issues

Relationships

Anxiety/Panic

Depression

Bereavement

Stress

Obsessive Compulsive Disorders

**Fees** available on request

**SUFFOLK**

Name. **SARAH KAMKE**

**MAREBT**

**Contact Tel No: .01728 627 960**

**Best times to call....ANYTIME**

**Times of Client Contact availability**

Mornings/afternoons

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Group Therapy

Disabled access available

Home visits available

**Treatment Areas:**

Depression

Anger issues

Sleep disorders

Anxiety/Panic

Bipolar Disorder

PTSD

Occupational Issues

Obsessive Compulsive Disorders

Disability issues

Chronic Fatigue/ME

Chronic pain/pain management

Physical Health problems

**Fees available on Request:**

**SURREY (and South West London)**

Name **PETER BRYAN**

**AREBT ACCREDITED**

**BABCP ACCREDITED**

**Contact Tel No: 07976245293**

**Best times to call. Evenings**

**Times of Client Contact availability – on request**

**Website address: [www.surreycbttherapist.co.uk](http://www.surreycbttherapist.co.uk)**

**Client Groups:**

Adults over 18 years

**Treatment Areas:**

Phobias: Alcohol & Substance Misuse

Depression Anxiety/Panic

Bipolar Disorder PTSD

Occupational Issues Obsessive Compulsive Disorders

**Fees available on Request:**

**SURREY (Sutton; Cheam; Epsom; Croydon; Ewell)**

Name **MICHAEL COHEN**

**MAREBT**

**Also use Clinical Hypnotherapy**

**Contact Tel No:** 020 8643 4925

**Best times to call.** 9 to 8pm

**Times of Client Contact availability**

Morning/Afternoon/evening &  
Saturday

**Website address:** [www.hypnosisandhealing.co.uk](http://www.hypnosisandhealing.co.uk)

**Client Groups**

Adults 18 - 60

Couples

Home visits and low fees available

**Treatment Areas:**

Anger Issues

Relationships

Anxiety/Panic

Sexual Abuse

Obsessive Compulsive Disorders

Sleep Disorders

Depression

Trauma

Irritable Bowel Syndrome

Smoking Cessation

**Fees on request:**

**SURREY (servicing: Esher, Kingston upon Thames, Surbiton, Hampton, Cobham, Leatherhead, Epsom)**

Name: **SIMON SIMPSON**

**AREBT ACCREDITED  
BABCP ACCREDITED  
NRHP**

Within my practice I also offer Stress Management & Clinical Hypnosis

**Contact Tel No: 07801 450 477** Best time to call: anytime - confidential answer machine available

**Website: [www.cbt-surrey.co.uk](http://www.cbt-surrey.co.uk)** **email: [simon@cbt-surrey.co.uk](mailto:simon@cbt-surrey.co.uk)**

**Client Groups:**

Adults 18 - 60

Older Adults 60+

I offer therapy to students who are undertaking a counselling/psychotherapy training course.

**Treatment Areas:**

PTSD

Trauma

Stress

Eating Disorders

Phobias

Anger Issues

Anxiety/Panic

Occupational Issues

Sleep Disorders

Depression

Obsessive Compulsive Disorders

**Fees:** variable rates –available on request.

**SUSSEX (East), Consulting rooms in Brighton and Uckfield – also service East**

**Grinstead, Uckfield, Haywards Heath, Tunbridge Wells**

Name: **EDWARD SIM**

**AREBT ACCREDITED**

**EMDRA ACCREDITED**

**UKCP Registered (hypno/psychotherapy)**

**Contact Tel No:** 07958379906

E-mail - [edward@ptsdtreatment.co.uk](mailto:edward@ptsdtreatment.co.uk) Website – [www.ptsdtreatment.co.uk](http://www.ptsdtreatment.co.uk)

**Times of Client Contact/availability :** Anytime

**Client Groups:**

Adolescents 13 - 17

Adults 18 - 60

Older Adults 60+

Couples

Group Therapy

Offer home visits to clients and work with students undertaking a counselling/psychotherapy training course.

**Treatment Areas**

Eating Disorders

Alcohol & Substance Misuse

Phobias

Anger Issues

Gender Issues/Sexual Identity

Relationships

Anxiety/Panic

Self Harm

Sexual Abuse

PTSD

Sexual Health Issues

Depression

Chronic Fatigue/ME

Occupational Issues

Sleep Disorders

Trauma

Obsessive Compulsive Disorders

Chronic Pain/Pain Management

Exam anxiety

**Fees:** on request

## WALES

### SWANSEA (plus Neath /Port Talbot)

Name **PAUL JONES**

**AREBT ACCREDITED**

**Also use EMDR**

**Contact Tel No.:** 01792 637668 or mobile 07892947305

**Best times to call....**10.00am - 4.00pm.

**Times of Client Contact availability** Evenings. Saturday

#### **Client Groups:**

Adults 18 - 60

Older Adults 60+

Adolescents 13 - 17

Couples

Group Therapy

Access to therapy available to students who are undertaking a recognised counselling/psychotherapy training course.

Disabled access

#### **Treatment Areas:**

Eating Disorders

Phobias:

Anger Issues

Relationships

Anxiety/Panic

Self Harm

Occupational Issues

Depression

Trauma

PTSD

**Fees** available on Request:

### **WALES & SOUTHERN ENGLAND**

Name **ANGELA PHILLIPS**

**ADVANCE PRACTITIONER REBT AEI**  
**Also CBT/DBT practitioner**

**Contact Tel No:** 07912288513

email: angl@msn.com

**Best times to call....anytime**

**Times of Client Contact availability** morning – afternoon – evenings - weekends

**Client Groups:**

Adults 18 - 60

Older Adults 60+

Adolescents 13 - 17

Family Groups

Group Therapy

Refugees/Asylum Seekers

Reduced fee therapy available to **students** who are undertaking a recognised counselling/psychotherapy training course.

**Home visits** available within a 50 mile radius.

**Treatment Areas:**

Alcohol & substance misuse

Anger Issues

Aspergers Syndrome

Anxiety/Panic

Self Harm

Occupational Issues

Depression

Trauma

PTSD

Bipolar Disorder

Obsessive compulsive

Personality Disorder

**Fees** available on Request:

**YORKSHIRE (SOUTH ) AND EAST MIDLANDS**

Name: **DONALD McKNIGHT**

**AREBT ACCREDITED  
UKCP REGISTERED**

**Contact Tel No:** 07946210102 or email [Ddonaldmcknight@aol.co.uk](mailto:Ddonaldmcknight@aol.co.uk)

**Times of client availability:** Flexible times offered for appointments / therapy sessions, including weekends - call for free consultation

**Client groups**

Adults 18-60

Older adults 60+

Couples

Home visits

**Treatment areas:**

Depression

PTSD

Trauma

Anxiety

Anger

Relationships

Phobias

Fees on request:

**WILTSHIRE : (including Swindon)**

**Name: IAN WONNACOTT**

**AREBT ACCREDITED  
UKCP REGISTERED**

I also use Mindfulness and Schema Focussed therapy.

**Contact Tel No: 01793485786**

email: [iwonnacott@yahoo.co.uk](mailto:iwonnacott@yahoo.co.uk)

**Best times to call:** anytime- answer phone

**Client Groups:**

Adults 18 – 60

Older Adults 60+

**NHS REFERRALS ONLY** plus reduced fee access to therapy for students undertaking a recognized training course in counselling/psychotherapy.

**Disabled access available**

**Treatment Areas:**

Psychosis/Schizophrenia

Anger Issues-

Relationships

Anxiety/Panic

Bipolar Disorder

Occupational Issues

Depression

Trauma

PTSD

Stress

Workplace Counselling (employment difficulties)

**Name: Musa Nyoni**

**AREBT ACCREDITED**

email: [musa78@hotmail.co.uk](mailto:musa78@hotmail.co.uk)

**Times of Client Contact availability: Mon- Fri Evenings**

**Client Groups: Adults 18-over**

**Treatment Areas:**

Eating Disorders

Phobias

Alcohol and Substance  
Misuse Anxiety/Panic

Anger Issues

Anxiety and Panic

Depression

PTSD

Gender Issues/Sexual Identity

OCD

Physical Health problems

Personality Disorder

Self Harm

Relationships

Sleep Disorders

Sexual Abuse

Trauma

**Tunbridge Wells, Crowborough and surrounding areas**

**Name: Paul Gray MSc. MAREBT, MBSCH.**

**AREBT ACCREDITED  
UKCP REGISTERED**

Also use Clinical Hypnosis

**Contact Tel No: 07879634220**

email: paul@paulgraycbt.co.uk

**Best times to call:** Any time before 8pm

**Client Groups:** Adolescents 13-17 Adults 18 +

**Treatment Areas:**

Anxiety/Panic

Eating Disorders

Problems relating to ASD's and ADHD

Alcohol & substance misuse Relationship issues

Obsessive Compulsive Disorder

Depression

Anger Issues

Phobias

Occupational issues

PTSD