

**ASSOCIATION FOR
RATIONAL EMOTIVE
BEHAVIOURAL THERAPY**

**Registered in England
Company No: 04441094**



Whilst anyone interested in the field of **Rational Emotive Behavioural Therapy** can become an affiliate or associate member of the Association, only the following **REBT THERAPISTS** can become **Full Members i.e. MAREBT**. All the following members **have** attained **one** or more of the following **qualifications** and are **recognised** by the **Association** as **qualified** to offer their services to the general public.

Member's details will show one or more of the following **letters** after their name:

1. **BABCP Accredited AREBT Accredited** or Equivalent recognised body of Psychological attainment i.e. **BPS; BACP** etc
2. **UKCP** registered
3. Individual member of **MAREBT** who has completed core training in REBT.

Members who satisfy AREBT Membership Criteria **1 & 2** are deemed to have demonstrated a recognised **advanced level** of practice and study (indicated with **ACCREDITED** status next to their names). Once Accredited members can also become registered on www.cbtregister.com

To attain Accredited status an REBTer must demonstrate they have successfully completed 450 hours of training in 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 five, yearly logs made up of a minimum of 30hrs per annum

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.

AREBT SENIOR ACCREDITED: Recognised senior advanced qualification in REBT

FAREBT: Fellow of the Association for Rational Emotive Behaviour Therapy

BABCP: British Association for Behavioural & Cognitive Psychotherapies

BACP: British Association for Counselling & Psychotherapy

NRAH:

AREBC: Recognised Rational Emotive Behaviour Accredited Coach award

CPsychol: Chartered Psychologist

All members must also engage in regular supervision, carry professional indemnity and public liability insurance and agree to abide by the AREBT code of ethics. Visit our website <http://arebt.org/ethics.htm> to read these codes

THERAPISTS LIST IN GEOGRAPHICAL - ALPHABETICAL LISTING

BUCKINGHAMSHIRE

Name: **GILLIAN GARRETT**

AREBT ACCREDITED

UKCP REGISTERED

Contact Tel No: 07710 524465

Best times to call: EVENING

Times of Client Contact availability anytime

Fees available on request

BERKSHIRE

Name: **GREG SCOTT**

MAREBT:

BACP ACCREDITED

Contact Tel No: 07985967262

Best times to call: EVENING

Times of Client Contact availability EVENINGS

Fees available on request

CHESHIRE

Also work in **Derbyshire and Nottinghamshire**

Name: **NIGEL PUGH**

MAREBT

Contact Tel No : 07709 428860

Website is www.ChoiceWorx.com or
email Nigel@ChoiceWorx.com

Best times to call: Anytime before 8pm

Times of Client Contact availability variable.

Fees available on request

DORSET

Name: **FRANK SMITH**

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

Contact Tel No: 07799410468

E-mail - frank@counsellor.org.uk
Website – www.counsellor.org.uk

Times of Client Contact/availability Client contact available on mobile all day +
evenings mon - fri (answer-phone always on).

Fees: on request

ESSEX

(ALSO PRACTICES IN LONDON)

Name: **LORRAINE BARREAU**

**AREBT ACCREDITED
BABCP ACCREDITED**

Contact Tel No: 07967 560970 **Best times to call:** ANYTIME

Times of Client Contact availability: MON-FRI

Fees available on request

ESSEX REGION

Name **JOANNE OTON**

AREBT ACCREDITED

BABCP ACCREDITED

Contact tel no: 07923 555 820

email: joanne.oton@yahoo.co.uk

Best times to call anytime – answer service available.

Times of client contact availability: Mondays -Weekday evenings/Saturday mornings

Fees on request

ESSEX

Name: **PAM SAUNDERS-WARD** **AREBT ACCREDITED**

BABCP ACCREDITED

BACP ACCREDITED

**EMDR practitioner and UK Trauma
Group registered**

Contact Tel No: 01376 572 777

Best times to call: 24 hour service

Times of Client Contact availability Morning: Afternoon: Saturday:

Fees: available on request

ESSEX

Name **TREVOR MATHEWS**

AREBT ACCREDITED

BABCP ACCREDITED

UKCP REGISTERED

Contact Tel No . 01277 634817 or 0794 172 5293

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

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

Fees: available on request

HAMPSHIRE

Name: **FRANK SMITH**

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

Contact Tel No: 07799410468

E-mail - frank@counsellor.org.uk
Website - www.counsellor.org.uk

Times of Client Contact/availability Client contact available on mobile all day + evenings mon - fri (answer-phone always on).

Fees: on request

HAMPSHIRE

Name **RON MELDRUM**

**AREBT ACCREDITED
BABCP ACCREDITED**

Contact Tel No: 07743901122

Best times to call Anytime.

Times of Client Contact availability Evening

Fees: available on request

HAMPSHIRE

Name **JACQUELINE SMITH**

**MAREBT
BACP ACCREDITED**

Contact Tel No: 07793 198447

Best times to call Anytime.

Times of Client Contact availability

Fees: available on request

HERTSFORDSHIRE:

Name: **MEIR STOLEAR**

**AREBT ACCREDITED
BABCP ACCREDITED**

Contact Tel No: 07900 258207

Times of client Contact availability Day & Evenings.

Fees: available on request

KENT

Name: **NOREEN EMMANS**

**AREBT 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

Fees: available on request

KENT

Name **IRENE TUBBS**

**FAREBT
AREBT ACCREDITED
BABCP ACCREDITED
BACP ACCREDITED**

Contact Tel No: 01322 862158

Best times to call anytime – answer service
available.

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

Fees: on request

email: iatubbs@aol.com
website: www.optimumwellbeing.org.uk

KENT

Name: **ANN THOMPSON**

**MAREBT
MBACP
CCYP**

Contact tel No: 07946-541459 or 01322-558915

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

Fees: on request

Website www.bexleyheath-counselling.co.uk

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
.from 6pm... Saturday. 10 till 2 pm...

Fees: available on request

LONDON REGION

Name **RAMEEZ ALI**

AREBT ACCREDITED

Contact Tel No: 07973 800 909

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

Fees: available on request

LONDON REGION

Name: **LORRAINE BARREAU**

AREBT ACCREDITED

BABCP ACCREDITED

UKCP REGISTERED

Contact Tel No: 07967 560970

Best times to call: ANYTIME

Times of Client Contact availability: MON-FRI

Fees available on request

LONDON REGION

Name **DENNIS R BURY**

MAREBT: CPsychol:

BABCP ACCREDITED

Contact Tel No. 020 8348 9181.

Times of Client Contact availability Morning Afternoon Evening weekdays

Fees: available on request

LONDON REGION

Name: Dr. PATRIZIA COLLARD **MAREBT**

BABCP ACCREDITED

Contact Tel No: 07941544958

website: www.stressminus.co.uk

Best time to call: daytime

Times of Client contact availability: Morn/Aft/eve & occasional Saturdays

Fees: available on request

LONDON REGION

Name: THELMA DABOR

AREBT ACCREDITED
BABCP ACCREDITED

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

Time of Clients contact availability: Saturday

Fees: available on request

LONDON REGION

Name VANESSA COOLING

MAREBT

Contact Tel No: 07917061284

Best times to call: between 9am – 5pm

Times of Client Contact availability Wed/Thurs Evenings & Saturday

Fees: available on request

LONDON REGION

Name **Dr. MIA DEBIDIN**

**MAREBT
CPsychol**

Contact Tel No: 07952 907 908

Best times to call: between 9am – 5pm

Times of Client Contact availability Morning Afternoon Evening Saturday

Fees: available on request

LONDON REGION

Name: **PROFESSOR WINDY DRYDEN** **FAREBT
AREBT ACCREDITED
BABCP ACCREDITED
UKCP REGISTERED**

Contact No: 07971 214196

Best time to call: Business hours

Client contact availability: Wed/Thurs: 10am - 5pm

Fees available on request.

LONDON REGION

Name: **TONY FREEMAN**

**MAREBT
BACP**

Contact Tel No: 0208 343 4869

Best Times to Call: Anytime

Client contact availability: Daytimes: plus some evening and weekend appointments

Fees: available on request

LONDON REGION

Name: **GLADEANA McMAHON**

**AREBT ACCREDITED THERAPIST
AREBC ACCREDITED COACH
BABCP ACCREDITED
BACP ACCREDITED
UKCP REGISTERED**

Contact Tel No: 020 8852 4854. **Best times to call.** Anytime – answering service

Times of Client Contact availability Morning Afternoon. Evening Saturday

Fees: available on request

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

Fees: available on request

LONDON REGION

Name: **IAN MARTIN**

AREBT ACCREDITED; FM OF BSCH

Contact Tel No: 07976 700808

Call anytime – answerphone available

Practise times:

Monday 2 - 6pm

Central London

Wednesday 9am - 6pm

Roehampton & Central London

Friday 9am - 6pm

Kew & Central London

Fees on request:

website: www.ianseph.com

LONDON REGION

Name **PROFESSOR STEPHEN PALMER PhD CPsychol CSci**

FAREBT FBACP FISMA

AEI CERTIFIED REBT

SUPERVISOR

AREBT ACCREDITED THERAPIST

BABCP ACCREDITED

REBT SUPERVISOR

**AREBT ACCREDITED TRAINER &
SUPERVISOR**

UKCP REGISTER

NRAH ACCREDITED TRAINER

contact Tel No: 0845 680 2065

website: www.centresofexpertise.com

email: dr.palmer@btinternet.com

Best times to call

10.00am – 4.45pm Monday to Friday

Times of Client Contact availability

as above

Fees on request:

LONDON

Name **CHRISTOS PAPALEKAS**

**AREBT ACCREDITED
BABCP & BACP Member**

Contact Tel No: 0207 6357281

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

Times of client contact availability

Evenings- Monday to Thursday

Fees: on request

email: papalekasc@yahoo.com

LONDON REGION

Name **PETER RUDELL BA(Hons)**

**FAREBT
AREBT 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

Times of Client Contact availability: as above

Fees on request:

LONDON REGION

Name: **ROBERTA GALLUCCIO RICHARDSON,**

**Ph.D. CPsychol;
AREBT ACCREDITED:
American Psychological Association
(APA); Faculty member:
Certified REBT supervisor both in the
USA and UK**

contact number : 07733 089223

best times to call 10:00 am to 5:00 pm mon-fri

Fees on request:

LONDON REGION

Name **IRENE TUBBS**

**FAREBT
AREBT ACCREDITED**

**BABCP ACCREDITED
BACP ACCREDITED
FELLOW AREBT**

Contact Tel No: 01322 862158

website: www.optimumwellbeing.org.uk
email: iatubbs@aol.com

Best times to call anytime – answer service available.

Times of Client Contact availability Morning Afternoon (weekdays)
Monday & Wednesday evenings only

Fees on request:

LONDON REGION

Name COLIN WILLIAMS **AREBT ACCREDITED**

Contact Tel No: 07764 368736

email: mytherapist@hotmail.co.uk

Best times to call anytime

Times of Client Contact availability **Fees on request:**

NORFOLK

Name TED WALLACE

AREBT ACCREDITED

UKCP REGISTERED

Contact Tel No 01263 761667

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

Times of client availability am / pm

Fees available on Request:

NORFOLK (will also cover Lincolnshire and Cambridgeshire)

Name REBECCA JUDGE

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

Contact Tel No: 01366 320782
07530 928070

website: www.cbtnorfolk.co.uk
email: rebeccajudge@live.co.uk

Best times to call anytime – answer service available.

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

Fees available on request:

EAST SUSSEX

Name **CHERYLL MEIKLE**

AREBT ACCREDITED
BABCP ACCREDITED

Contact Tel No: 01323 897418 **Best times to call** EVENINGS

Times of Client Contact availability Evenings

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

Fees available on Request:

SURREY

Name **PETER BRYAN**

AREBT ACCREDITED
BABCP ACCREDITED

Contact Tel No: 07976245293 **Best times to call.** Evenings

Times of Client Contact availability – on request

Fees available on Request:

SURREY (SUTTON)

Name **MICHAEL COHEN**

MAREBT

Contact Tel No: 020 8643 4925 **Best times to call.** 9 to 5pm

Times of Client Contact availability Morning Afternoon Saturday

Fees: available on request

SURREY

Name: **SIMON SIMPSON**

**AREBT ACCREDITED
BABCP ACCREDITED
NRHP**

Contact Tel No: 020 8339 3499 **Best time to call:** anytime - confidential answer machine available

Website: www.cbt-surrey.co.uk

email: simon@cbt-surrey.co.uk

Fees: variable rates - fees available on request

SUSSEX (East), Consulting rooms in Brighton and Uckfield

Name: **EDWARD SIM**

**AREBT ACCREDITED
EMDRA ACCREDITED
UKCP Registered (hypno/psychotherapy)**

Contact Tel No: 07958379906

E-mail - edward@ptsdtreatment.co.uk

Website – www.ptsdtreatment.co.uk

Times of Client Contact/availability Anytime

Fees: on request

SHEFFIELD

Name **JOHN BLACKBURN**

**FAREBT
AREBT ACCREDITED
BABCP ACCREDITED:**

Contact Tel No.: 01142718699

Best times to call Daytime

Times of Client Contact availability Daytime .

Fees: On request

SOUTH WALES

SWANSEA (AND SURROUNDING AREAS)

Name **PAUL JONES**

AREBT ACCREDITED

Contact Tel No:.01792 637668 or mobile 07892947305

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

Times of Client Contact availability Evenings. Saturday

Fees available on Request:

YORKSHIRE AND EAST MIDLANDS

Name: **DONALD McKNIGHT**

**AREBT ACCREDITED
UKCP REGISTERED**

Contact Tel No: 07946210102 or email Ddonaldmcknight@aol.co.uk
website www.donaldmcknight.co.uk

Flexible times offered for appointments / therapy sessions, including weekends - call for free consultation

Fees available on request:

WILTSHIRE

Name: **IAN WONNACOTT**

**AREBT ACCREDITED
UKCP REGISTERED**

Contact Tel No: 01793485786

Best times to call: anytime- answer phone

Times of Client Contact availability: **NHS REFERRALS ONLY**

Fees: n/a

Email: nwdimensions@yahoo.co.uk