



Psychotherapeutic  
Solutions

## How we can help you

Mental and emotional wellbeing depends on a delicate balance between the different aspects of our lives and our personal predisposition.

Problems which might compromise this balance can be addressed in an effective and productive manner through the right therapy.

These problems might be directly related to a life event or can be a long standing issue that you are finding hard to overcome.

Some of the issues we can help you with are:

- Depression and mood problems
- Anxiety and worry
- Anger management problems
- Relationship issues
- Panic attacks and phobias
- Bereavement and loss
- Trauma and Post Traumatic Stress Disorder
- Sexual difficulties
- Issues surrounding sexuality
- Eating disorders
- Body image issues
- Low self-esteem and confidence
- Stress and life style changes.

## How to contact us

If you want more information or would like to have a free advisory conversation with our senior clinician, please do not hesitate to contact us.

Our administrator, Sarah Oliver is happy to help you and put you in touch with the right person.

Sarah can be reached by telephone on: 0203 286 1334 or via email at [info@psychotherapeuticsolutions.co.uk](mailto:info@psychotherapeuticsolutions.co.uk)

If you would prefer to write to us, please use the address below :

Psychotherapeutic Solutions Ltd  
Suite/Unit/Office 36  
88-90 Hatton Garden  
London EC1 8PG  
(correspondence only)

email:[info@psychotherapeuticsolutions.co.uk](mailto:info@psychotherapeuticsolutions.co.uk)

Our therapy rooms are located in the following places:

London Bridge  
University College, London  
via Skype we can work with you, no matter where you are and from the comfort of your own home.



# Finding solutions through talking therapies

**Psychotherapeutic  
Solutions**

[www.psychotherapeuticsolutions.co.uk](http://www.psychotherapeuticsolutions.co.uk)

Affordable and accessible therapy in  
London and on skype



## About us

Psychotherapeutic Solutions Ltd is a professional service, dedicated to your mental and emotional wellbeing.

We provide evidence based talking therapies at affordable prices, in London and via Skype, both in England and internationally.

Our team of clinicians includes:

Consultant Psychiatrists,  
Senior Psychotherapists,  
Chartered Counselling Psychologists,  
Mental Health Nurses

It is proven that talking to an independent and trained clinician about your personal difficulties is useful and helps your mind discover solution initiate changes and finds a way to acceptance.

We are able to provide psychological therapy in other languages, in addition to English.

We have therapists who can speak Greek, Italian, German, Russian and Spanish.

## What we offer

We offer a personalised psychological service.

Our clinicians are trained in different therapeutic interventions to deal with the various problems you might be facing.

Finding the right help or the right therapist can be confusing. To help you in this process, we offer a personalised and free of charge advisory service with our senior clinician.

This includes a 20 minute phone conversation where you explain how you have been feeling and you are then informed of the therapy which will help you with your problems.

You can also find a short description of each therapist and the different therapies, available on our website, which can help you in making your choice.

Once you know who would be best for you, we will put you in contact with the clinician. You can expect to speak with your therapist within 24 working hours of contacting us.



## Our therapies

Depending on your problem and its severity, our team can offer you:

Psychiatric assessments and medication if required,

Psychotherapy: individual, couple and groupwork

Psychological assessments and treatments

Life Coaching

All of our services can be accessed via Skype or in London, face to face.

All of our clinicians are trained in evidence based therapies.

These include:

Cognitive Behavioural Therapy (CBT)

Cognitive Analytical Therapy (CAT)

Couples Therapy

Eye Movement Desensitisation and Reprocessing(EMDR)

Psychodynamic Psychotherapy

Integrative Therapy

Systemic Therapy

Supportive Counselling

Art Therapy

Hypnotherapy.