

Associated Psychotherapy Services — Individual Therapy



David McLellan is an accredited therapist with the BACP and is registered with the Institute of Management Specialists. He has over 20 years of experience as a therapist helping people with problems of stress, anxiety, depression and phobias as well as addiction and relationship problems.

David has been a director of an alcohol advisory service and undertaken work for both the public and private sectors in the field of managing stress in the work place.

Terence McGinnie is a qualified, FDAP accredited therapist, with an MSc in Mental Health Studies. With a total experience of more than 30 years he was manager of a Priory Group addiction treatment programme for 12 of those years before going into



private practice. He has published articles in the press and appeared on local radio and the BBC. He is a London representative for the Nova Vida treatment centre in Portugal and works with depression, anxiety, substance misuse and addictions.

ONE TO ONE THERAPY is effective for a range of difficulties and we recommend an assessment prior to starting therapy in order to establish which therapist is best suited to help you. The therapeutic relationship is more important than the type of therapy which an individual employs. Most therapists, in fact, work in an eclectic manner, selecting tools from various models to suit the person they are helping.

Sometimes the nature of a person's problem necessitates either a medical intervention or—in the case of addictive behaviours—specialised inpatient treatment in short or long term centres. We have links with Consultant Psychiatrists and with state of the art treatment centres in both the UK and Portugal, and can facilitate a speedy referral.

Why People need Therapy

Some problems seem to constantly defeat our efforts to change until we find the right help. We all seek understanding and comfort from other people. Sometimes, with the best will in the world, those we are closest to are unable to help. This may be because they do not have experience of the problem themselves, or we may not want to share our difficulty with them for a variety of reasons. If we try to struggle on alone we often make the initial problem worse and our eventual condition reaches a level of severity that could have been avoided.

A professional therapist can help in many ways. Firstly, it is very difficult to be able to break through our own systems of belief without outside help. These beliefs can be so deeply embedded in our psyche that we do not even recognise their existence. It needs skilled help to be able to uncover them and challenge them in order that our experience of the world can be changed. At other times we can be so trapped by our own secrets that we feel unable to tell others the truth about ourselves in case they no longer like us or abandon us. In such cases, it is essential to have a confidential source of help which is non judgemental and separate from us.

The therapeutic process allows you to develop a more honest and trusting relationship with yourself and others. You can come to love yourself as you should and to recognise your real value as a human being. This process is life enhancing and freeing and will enable you to find new avenues to explore and enjoy. It can encourage you to change your thinking processes and your behaviours and so alter the self image you have. This is a form of spiritual renewal which can alter the whole course of your life.

This form of therapy can also be a useful adjunct to self help group attendance or as a follow up to inpatient treatment in a hospital or recovery setting. Many people only need a finite number of sessions whilst others find more frequent visits over an extended period extremely supportive.

Venues

Associated Psychotherapy Services are available at the following venues:

Sevenoaks Medical Centre
1st Floor, Beadle House
London Road
Sevenoaks
Kent
TN13 2JD

The Crofton Consulting Rooms
Starts Hill Road
Locksbottom
Kent
BR6 7AR

Woodside Avenue
Woodside
London
SE25 5DW

Paynters Hill
Vange
Essex
SS16 4RG

How To Contact Us

To discuss your needs or to arrange an assessment please do one of the following:

Write to :
Associated Psychotherapy Services
41 Woodside Avenue
Woodside
London
SE25 5DW

e-mail:
info@apstherapists.co.uk

Telephone:
07971 086566 Or 01268 554362

Web:
www.apstherapists.co.uk

Session costs vary according to venue and can be funded personally or via most major health insurers where a Consultant Psychiatrist has made the referral.

An assessment may indicate that treatment other than this type is required. Our wide ranging contacts with other professionals will enable us to suggest appropriate alternatives.

Associated Psychotherapy Services

Counselling Supervision



Consultancy



Individual Therapy

Training

Presentations

Supervision