



Every experience we have as human beings is psychological.

What we *think*, how we *feel*, what we *do*...

... are all part of our psychological life.

Each of us can benefit from learning to use the psychological resources we have in order to *live a full and meaningful life*.

If you are struggling with...

stress

burnout

difficulties coping with life events – physical illness, caring for family, work demands, family changes, retirement etc.

feeling 'stuck' in a negative cycle of thinking, and feelings, that stop you living a full and meaningful life

challenges in following a healthy lifestyle in terms of sleep, exercise, healthy eating, and so on...

...we can help

At **PfH**, you will learn from a qualified psychologist how to develop psychological skills that can help you to face life's difficulties and build resilience.

How we can help you

We use a range of approaches and talking therapies depending on what is best for each client. First, we need to understand what brings you to us, and what you are hoping for. Then, we will explain how we can help, and what the approach we recommend will involve.

In many cases, we will use a gentle but powerful and compassionate therapy – Acceptance and Commitment Therapy (ACT) – which helps people to develop psychological flexibility.

That is, the ability to

- *open up to experiences rather than being locked in our (often negative) thoughts about ourselves,*
- *live fully in the present rather than dwell on the past or the future, and*
- *do what matters most to us, in spite of the challenges life throws at us.*

The evidence for ACT is strong, and it is used to great effect for a wide variety of situations and life problems. As ACT therapists, we have ourselves experienced ACT as part of our training. So, we know from personal experience how it helps, how it heals, and how it strengthens us psychologically.

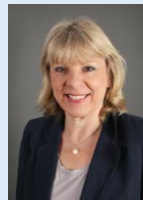
We offer other psychological approaches if they seem best for the individual based on our understanding of your needs.

If we feel we are not the right people to help you, we will signpost you to someone who can.

Who we are

In the practice, we are linked to a network of qualified psychologists with different specialities so that we can meet the needs of differing clients – and avoid long waiting times.

Our principal psychologist is Dr Roseanna Brady, BSc MA MSc DPsych. Roseanna is a British Psychological Society Chartered Health Psychologist and is registered with the Health and Care Professions Council.



Roseanna has worked with individuals with a variety of problems and challenges. She has a track record of achieving excellent results for the clients with whom she works.

Fees

Initially, we offer a *free* telephone consultation so that you can tell us your needs and ask us questions. If we then go ahead, charges are:

Assessment and formulation (50 mins)	£90
50 minute therapy session	£80
Block of 4 Sessions (booked in advance)	£300*
Block of 6 sessions (booked in advance)	£435*

All fees are payable no later than 72 hours in advance. No refunds will be made for cancellations within 48 hours of the time booked.

* No refunds are made for blocks of sessions booked in advance. However, if you need to change a time, you can do so provided you call us within 48 hours if the original time booked.

Prices are valid at March 2018.

Confidentiality

We will not share any information about you with a third party – not even the fact that you have contacted us. Our records are stored in encrypted files to which only your therapist has access.

If you wish us to share information, for example with your GP, we will do so, but only if you instruct us in writing.

We comply with data protection legislation and are registered with the Information Commissioner's Office. If we discover information which we believe places you or another person in danger, we will report it to the relevant authority.

We are governed by the British Psychological Society, and the Health and Care Professional Council standards in our work.

If life's challenges are proving too much, why not take the first step and call us in strict confidence.

Psychology for Health

The Bridges Private Clinic

Bedford Hospital

Kempston Road

Bedford

MK42 9DJ

Tel: 07951368622

Email: roseanna@psychologyforhealth.co.uk



The
British
Psychological
Society

Chartered Psychologist