



Whitehall Business Centre, Hartford.

Embrace Psychological Services

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Email

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Latest News from Embrace Psychological Services

Embrace Psychological Services specialise in the assessment and treatment for individuals with a range of psychological difficulties including:

- Stress, Anxiety, panic attacks and phobias
- Depression
- Poor confidence and low self esteem
- Loss and bereavement
- Relationship difficulties
- Interpersonal & personality difficulties
- Trauma and abuse

We also specialise in working with people who experience *chronic pain/fatigue and other health-related problems e.g. memory difficulties.*

As from 1st April 2014, Embrace Psychological Services are **now offering their services to clients 4 days a week, Mondays to Thursdays, 9am-5pm**

About Us

Dr Helen Pickering is a HCPC-registered (Health and Care Professionals Council) and BPS-Chartered (British Psychological Society) Clinical Psychologist.

She is a registered supervisor on the BPS Register of Applied Psychology Practice Supervisors, and is an Associate Fellow of the British Psychological Society.

Helen is also an accredited practitioner in Cognitive Analytic Therapy.

Helen has 19 years experience of working in the NHS in a range of clinical settings, most notably adult mental health, physical disability and neuro-rehabilitation and forensics.

In addition to her assessment and therapy services, Helen offers supervision and training to professionals and their organisations.



Dr Helen Pickering, Clinical Psychologist, CAT Practitioner and owner Embrace Psychological Services.



Cheshire Natural Health offers a range of Complementary and Contemporary Therapies.

New ventures at Cheshire Natural Health, Stretton.

From 1st April 2014, Dr Helen Pickering is providing a clinical psychology and psychotherapy service at Cheshire Natural Health, Stretton, Warrington on Monday afternoons/evenings.

For further details ring 01925 730123 or 0780 175 6808

www.cheshirenaturalhealth.co.uk

THE STORY SO FAR: What clients have said about their experiences of Embrace Psychological Services:

"Talking through my problems with a skilled professional who was not judgmental helped massively. It's not easy, but it helped me to understand why I thought the way I did and gave me techniques to change this"

Dave.

"Supervision with Dr Pickering was extremely beneficial in a case that I was struggling to make sense of. I would definitely use her services again"

Dr S, Educational Psychologist.

"The opportunity to really consider how I felt or was feeling is a very valuable one. It is hard on one's own to ask the right questions and consider an answer, but when presented by you, and given time and quiet to mull things over, it was sometimes cathartic and always worthwhile....Sometimes what life throws at us is too much to cope with alone. Here there is a space and a non-judgmental therapist to help sort out the mess and to help us to manage situations that we cannot change"

Kate.

"I meet fortnightly with Helen for CAT supervision of my NHS caseload. I have found her input and guidance incredibly useful in helping me to hone specialist therapist skills and continue my professional development"

Dr N, Clinical Psychologist.



The British Psychological Society

Promoting excellence in psychology

ACAT

The Association for Cognitive Analytic Therapy

hcpc health & care professions council

COMING SOON

Supervisees wanted for CAT Supervision Group. Contact us for further details using the information on the front page of this newsletter.