



Weaver Business Centre, Winnington.

Embrace Psychological Services

Weaver Business Centre,
Winnington Avenue,
Winnington,
Cheshire.
CW8 4EE.

Telephone

0780 175 6808

Email

contact@embrace-psych.co.uk

New Offices for 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*.

From 1st November 2014, Embrace Psychological Services will now be based at Weaver Business Centre, Winnington. We continue to offer services 4 days a week, Mondays to Thursdays, 9am-5pm

(appointments outside these times can also be negotiated).

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 and a

trainee CAT supervisor. As an associate of CATALYSE, Helen provides CAT Personal Reformulations to therapists.

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.

Working with Cheshire Natural Health, Stretton

Dr Helen Pickering provides 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

Latest Client Feedback:

"I felt comfortable with Helen the first time I met her. She is friendly and very professional and has made me look at and understand things in a different way.

Her workplace has always been warm and welcoming and somewhere I have felt relaxed and able to express my feelings. I would recommend her highly"

Nicky (Northwich).

"A massive thank you for the last 16 weeks. When I think back to the person who walked through your door, I wouldn't recognise him today. For the first time in a long time I'm looking forward to my future"

Rick (Northwich).

"I felt safe in my sessions with Helen, who was not judgmental and worked through my issues with me at my pace. She helped me to understand myself better and taught me strategies that, for me, had an immediate and lasting effect. For me the world changed from very dull and tiresome to colourful and exciting. I can remember the moment clearly that I realised that I was comfortable in my own skin"

Dawn (Holmes Chapel).

"My CAT Reformulation session has been both personally and professionally rewarding and extremely helpful"

Dr Lesley Taylor, Clinical Psychologist (Stockport).

"Thank you does not seem to say enough for all your help getting me back on my feet and back to feeling human again"

Lorraine (Winsford).



The British Psychological Society

Promoting excellence in psychology

ACAT

The Association for Cognitive Analytic Therapy

hcpc health & care professions council



Looking for a CAT supervision group?

Dr Helen Pickering is now an Associate of Catalyse, offering CAT Personal Reformulations and training therapies. Contact us for more information.