



Flying the flag on top of Mt. Kilimanjaro.

Embrace Psychological Services

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Embrace Psychological Services supports charity trek

In September 2015, Dave Fowles (a funeral director from Winsford, Cheshire) completed a gruelling seven day trek up Mount Kilimanjaro, Tanzania raising £19,500 for charity. The African mountain stands at 19,341ft above sea level.

His amazing physical and emotional endeavor was to raise money for local charity St Luke's Hospice, Winsford and children's cancer charity CLIC Sargent.

The seven day trek – six days up, one day

down – was supervised by the team that helped the film crew up and down Everest for the 2015 movie of the same name.

Embrace Psychological Services was proud to support Dave in his personal goal, and offered regular encouragement leading up to the trek.

In return Dave was able to 'fly the flag' for his sponsors from the top of Africa!

About Us

Embrace Psychological Services provides 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
- Trauma and abuse

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

Dr Helen Pickering is a HCPC-registered and BPS-Chartered 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. As an associate of CATALYSE, Helen provides CAT Personal Reformulations to therapists.

She offers services 3 days a week, Tuesdays to Thursdays, 9am-7pm.



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



Supporting Chesney Psychology Cheshire

Dr Helen Pickering and Dr Simon Chesney have been professional colleagues within the NHS since 2005/6. Dr Chesney now provides his own independent psychology service from Winnington on Fridays and Monday evenings. Embrace Psychological Services are happy to both support and endorse his services, especially for those clients seeking a male therapist.

For further details of Chesney Psychology Cheshire, ring: 07780 636097

Web: www.chesneypsychologycheshire.uk

Latest Client Feedback:

"I went to see Helen when I couldn't function normally anymore and my life appeared to be falling apart. Helen helped me to understand what was happening and why, and worked with me to piece my life back together. The life I have now is even better than before my illness. I have my confidence back and an amazing toolkit full of strategies to support me whatever life brings. Helen creates a safe environment where trust is implicit. An amazing, non-judgmental professional who I will be eternally grateful to."

Michelle (Warrington).

"Helen was warm, empathic and professional, taking time to understand my experiences and the issues most important to me. Helen's open and non-judgmental manner allowed me to reflect upon my own 'patterns' to make some valuable changes in the way that I think about things."

Becky (Trainee Clinical Psychologist).

"When I came to see Helen, my anxiety had reached an unprecedented level and I felt I just could not cope anymore. Helen gave me all the tools I needed to deal with my issues – from explaining to me the physiological symptoms caused by panic, to giving me "homework" to work on in-between sessions. She was always encouraging and reassuring. I have come a long way and am so grateful to her."

Alex (Northwich).

"I saw Helen for a 16 session training CAT. I was in a place where I was very sad and dissatisfied with my life and felt very stuck and pessimistic about change. Helen was authentic and compassionate allowing me to feel safe and for us to build a relationship where she was able to challenge me and encourage me to think, feel and behave differently. My therapy with Helen has impacted significantly and has enabled me to make changes in my life needed for me to be happy. I highly recommend her."

Dr H (Clinical Psychologist/CAT practitioner).



The British Psychological Society
Promoting excellence in psychology

A C A T

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.