

# Therapy & Counselling

Psychology Services for  
Children, Adolescents  
and Adults



the  
**Keil**  
centre  
chartered  
psychologists  
& ergonomists

Providing Psychology Services for more than 25 years



## Therapeutic & Counselling Psychology Services

Treatment is available for a wide range of conditions including, but not limited to:

- Anxiety & related disorders (including panic attacks & phobias)
- Depression
- Obsessive / compulsive problems
- Eating Disorders (anorexia/bulimia nervosa & obesity)
- Post-Traumatic Stress disorder
- Work-related stress
- Marital/relationship difficulties
- Sexual problems
- Bereavement
- Psychological adjustment to medical diagnosis
- Inappropriate anger
- Low self-esteem
- Hoarding

For more information, please see our website: [www.keilcentre.co.uk](http://www.keilcentre.co.uk)

## Child and Adolescent Specific Conditions

- Behavioural Problems (eating, sleeping, toileting, conduct)
- Anxiety (separation, OCD, bullying, phobias)
- Bereavement and loss
- Depression
- Adjustment to change
- Trauma

## Other Services

- Full Psychological Assessment & Report
- Medico / Legal Assessment & Report
- Reflective Practice Sessions and Professional Supervision

## Treatment Approaches

Our psychologists are trained in the use of a variety of treatment approaches, including: CBT, EMDR, ACT, Psychoanalysis and Mindfulness, just to name a few. It is the aim of the psychologist to adapt a treatment approach to suit the individual needs of each client.

## Appointments

We accept referrals from Companies, HR Departments, Government bodies, Occupational Health Departments & health professionals. We also accept parental and self referrals and are able to work with insurance companies.

After your initial assessment you and your psychologist will decide approximately how many sessions you may require and the frequency of those sessions.

Psychologists are problem solvers who draw creatively on a wealth of psychological theories and techniques to find ways forward for individuals who are having difficulties in their lives.

All our psychologists are chartered members of the British Psychological Society and registered with the Health and Care Professions Council.





“I’m delighted with my progress; I’ve felt supported through the whole process”

“My mental health has improved considerably”

“Helped me get my life back on track”

“Treatment and service was first class from start to finish”

“Someone to talk to who you know is a professional and will give good advice”

“It’s so relaxing and professional”

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The Keil Centre is a private, independent limited company of Chartered Psychologists and Registered Ergonomists offering professional services to industry, government and private individuals. Established in 1983.

