



Rachel Green

I am a Chartered Counselling Psychologist and I have worked in the field of mental health for the last 20 years. During that time I have worked in the NHS and in private practice with adults presenting with anxiety, depression, post-traumatic stress, relationship issues, loss etc. My training involved learning about several different models of therapy and I use what I feel is the best fit for you, the client, and your goals. Also I offer supervision to trainee psychologists and fully qualified therapists.

I offer Cognitive Behavioural Therapy (CBT), this model helps people to understand how thinking affects behaviour and offers ways of challenging unhelpful thinking styles.

<http://www.babcp.com/Public/What-is-CBT.aspx>

Also, I offer Eye Movement Desensitization and Reprocessing (EMDR) this is a form of therapy that uses rapid eye movement or bilateral stimulation as a way of helping process traumatic memories. Although EMDR has been used predominantly for trauma it can also be used for other issues such as anxiety, phobias or prolonged grief <http://www.emdrassociation.org.uk/home/index.htm>

I use Mindfulness and Positive Psychology, both personally and professionally, to inform my work.

5. My contact details are: email wellbeingandtherapymatters@gmail.com
Telephone [07790 892754](tel:07790892754)