

**Clinicians at Psychology Associates
can offer a variety of therapeutic
approaches including:**

- Cognitive Behavioural Therapy (CBT) (including Trauma Focussed)
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Attachment Based Therapy
- Creative Therapies (Drama, Art, Music)
- Psychodynamic Psychotherapy
- Family Therapy
- Video Interaction Guidance (VIG)
- Dyadic Developmental Practice (DDP)
- Counselling
- Couples Therapy

Our clinicians can be integrative and use their skills and knowledge from a range of therapy models to ensure the therapeutic support is bespoke and needs led.



For more information about our
Therapy Services,
please contact us:

0845 026 7260

enquiry@psychologyassociates.org.uk

www.psychologyassociates.org.uk



Cornwall Office:
41-43 Lower Fore St.
Saltash
PL12 6JQ

Exeter Office:
4/5 Southernhay West,
Exeter
EX1 1JG



Making a meaningful difference



**Adult Therapy
Services**

*"The quality of the individualised support
provided by the agency is excellent"*

Ofsted, March 2019



People often experience difficulties in their lives or can struggle with their mental health. Being able to talk in confidence with an understanding, experienced mental health professional can make a huge difference.

At Psychology Associates, we are a Multidisciplinary team with highly qualified clinicians. These include:

- Clinical Psychologists
- Neuropsychologists
- Forensic Psychologists
- Counselling Psychologists
- Educational Psychologists
- Assistant Psychologists
- Wellbeing Practitioners
- Counsellors
- Psychotherapists

We have practices in Saltash, Cornwall and Exeter, Devon but also have a team of associate clinicians that can provide therapeutic intervention and support across the UK. Please contact us for more information on the clinicians near you.

“It is the first time I have been able to truly talk about how I feel.”



People come to us for help with many difficulties, including:

- Anxiety, panic & stress
- Feelings of depression and hopelessness
- Loss and bereavement
- PTSD following injury or childhood trauma
- Problems with relationships and friendships
- Substance and alcohol problems
- Self-injury
- Body image issues around eating
- Worrying about identity including gender and sexuality
- Family issues and parental separation
- Sexual, physical or emotional abuse
- Emotional regulation (issues with anger)
- Neurodevelopmental diagnoses
- Dementia

Why are we different?

Our clinicians are highly trained in many approaches which can be tailored to your needs.

We offer prompt and confidential service, and our clinicians can be seen in a variety of locations to best suit you.

We have excellent knowledge of local services in your area which we can signpost you to in addition to our individual work with you.

We also work with many insurance providers and can often arrange payment under your or your family's insurance scheme.

Please get in touch for more information in relation to our fees.



“Thank you so much for giving me the tools to live my life again”