

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

- Acceptance and Commitment Therapy (ACT)
- Attachment Based Therapy
- Cognitive Behavioural Therapy (CBT) (including Trauma Focused)
- Compassion Focussed Therapy
- Counselling
- Couples Therapy
- Creative Therapies (Drama, Art, Music)
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Family Therapy
- Psychodynamic Psychotherapy

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.

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

Psychology Associates



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

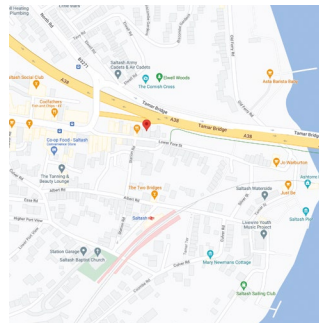
0300 303 5233

enquiry@psychologyassociates.org.uk

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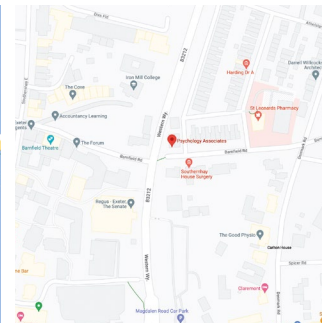
Saltash Office:

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



Exeter Office:

15 Barnfield Road
Exeter
Devon
EX1 1RR



Psychology Associates



Making a meaningful difference



Adult Therapy Services



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 major difference.

At Psychology Associates, we are a multidisciplinary team of 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.

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**
- **Relationship difficulties between family members and/or friends**
- **Difficulties with substance and alcohol use**
- **Self-injury**
- **Body image issues, such as around eating**
- **Worrying about identity including gender and sexuality**
- **Sexual, physical or emotional abuse**
- **Emotional regulation difficulties**
- **Experiences of dementia**
- **Emotional difficulties related to menopause**

'The agency uses a range of therapeutic interventions and support that are evidence based.'

Ofsted 2023

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, including remote options.

We have excellent knowledge of services across the South West and can signpost you in addition to our individual work with you.

Our Associates working across the country also hold extensive knowledge of local services and are committed to effective signposting and collaborative work where this is helpful.

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

