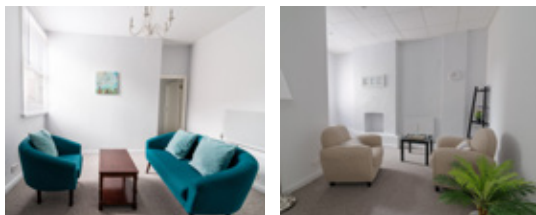


Here are some of the reasons clients choose our service:

- Therapists with consistently high quality of academic and professional credentials
- Emphasis on collaboration, client choice and control over your therapy
- Professional, comfortable setting
- No waiting lists
- No limit on the number of sessions
- Flexible opening hours, with evening and weekend appointments
- Ongoing investment in staff training and development
- Competitive, straightforward pricing



FERNWOOD CLINIC
PSYCHOLOGICAL THERAPY



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72 Bedford Hill, Balham, London SW12 9HR
Call: 020 8673 8604 or
email: info@fernwoodclinic.co.uk



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High quality
psychological help
for adults, children
and young people

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We all have emotional health and stressful and transitional points in our lives can affect our wellbeing if we don't look after ourselves and receive the right support.

Services for adult clients

Fernwood Clinic provides expert psychological support for a range of common emotional concerns and difficult circumstances, including:

- Anxiety and depression
- Stress and burn-out
- Loss and bereavement
- Panic attacks
- Relationship, self-esteem and confidence issues
- Obsessive compulsive disorder
- Phobias and fears
- Counselling and conflict resolution
- Parenthood challenges
- Trauma and family issues
- Emotional impact of physical illness

Services for children & young people

- Anxiety, including separation anxiety
- Phobias
- Exam stress
- Social anxiety
- Obsessive Compulsive Disorder (OCD)
- Low mood and depression

- Post Traumatic Stress Disorder (PTSD)
- Complex developmental trauma
- Attachment difficulties
- Relationship difficulties, including bullying
- Struggling with parental separation / divorce
- Behavioural difficulties

Our team

We are proud that our team consists exclusively of experienced Chartered Clinical Psychologists and Counselling Psychologists who are registered with Health and Care Professions Council (HCPC) and British Psychological Society (BPS).

Therapy methods

At Fernwood we use evidence-based, proven therapeutic interventions recommended by the National Institute of Clinical Excellence (NICE) including:

- Cognitive Behavioural Therapy (CBT), including trauma focused CBT
- 3rd Wave CBT, such as Acceptance and Commitment Therapy (ACT)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Systemic and psychodynamic approaches
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Compassion Focused Therapy

How do I start?

Starting your therapy with us is easy. You can call, email or come in to book an initial assessment. During the assessment, your therapist will work with you to understand the difficulties you face and provide an estimate for the number of sessions required. Then, we will normally schedule regular weekly sessions at a time convenient for you.

Fees and Funding

Our therapy sessions (including assessments) are charged at a flat rate of £120 for individuals and £140 for couples and families. Sessions last 50 minutes.

We also welcome clients who would like to use their private medical insurance to cover the cost of treatment. We are a registered healthcare provider with the major insurance companies, including:



Contact Us

For a daytime, evening or weekend appointment, please call us on

020 8673 8604 or

email info@fernwoodclinic.co.uk