

We have a highly trained and experienced team of psychotherapists accredited with the British Association of Behavioural and Cognitive Psychotherapy (BABCP) and/or other professional bodies.

An accredited cognitive behavioural psychotherapist will have had training as a qualified registered health care professional prior to undertaking advanced cognitive behavioural psychotherapy training. So we have competently trained practitioners, providing reassurance that your well-being is in the hands of accredited and registered professionals.