



W1 Psychotherapy & Counselling

Joanna Buick

I am a professionally trained, qualified and experienced psychodynamic psychotherapist and counsellor working in central London. I offer confidential face-to-face counselling and psychotherapy for adults, and an assessment service to help you clarify your needs.

What is therapy?

Psychodynamic psychotherapy and counselling are concerned with the interaction between two people, the client and the therapist, treating each person as a unique individual.

A counsellor or therapist working psychodynamically does not advise you, or suggest ways to solve problems. Instead, you and your therapist think together about the issues that concern you, exploring the feelings and thoughts you have about your life.

Therapy sessions

The aim of our first meeting, which normally lasts about 90 minutes, will be to assess your needs and explore whether psychodynamic counselling or psychotherapy would be helpful to you. We may then both take some time to think about possible options. This might involve us agreeing to work together, or you might wish me to refer you to an appropriate service.

If we decide to work together, you would agree to attend 50 minute sessions at the same time on the same day every week. We would then meet for regular appointments until we agree to end our work together. While many people attend weekly sessions, those who feel the need for more support often choose to attend sessions twice weekly.

Confidentiality

It's important to feel safe and secure within a therapeutic relationship as you may wish to reveal thoughts and experiences never spoken of before, frankly and in detail. All your communications with me are confidential, whether in person, on the phone or by email. Your identity and personal details will not be revealed outside our relationship.

How can therapy help?

People seek counselling and therapy for a wide range of problems, including

emotional difficulties such as depression, unexplained anger or sadness, low self-esteem, empty or suicidal thoughts

stress or anxiety including sudden change, communication difficulties, conflicts at work and redundancy

relationship difficulties including patterns of relating or sustaining relationships, sexual problems, separation, divorce, bereavement and loss, conflict, illness and a desire for children

questions of personal identity, sexuality, sexual orientation, body image, addictions and obsessions, eating disorders, loneliness, the meaning of life...

If you would like to know more about how therapy might help you, please get in touch. Your communication will be taken seriously, and all communication between us will be kept confidential.

Counselling and psychotherapy are suitable for people who wish to explore their feelings and choices in the medium and long-term. If you are in crisis, I would urge you to [contact your GP](#), [NHS Direct](#) or the [Samaritans](#).

Fees

The fee for ongoing 50 minute sessions - normally between £55 and £90 - will be discussed and agreed when we meet. I also reserve a limited number of reduced-fee sessions for people with very low incomes. The fee for an initial 90 minute consultation is £90. Fees are payable directly to me, in cash or by cheque. I do not accept payment by credit or debit cards.

About me

Training

I am qualified as a Psychodynamic Psychotherapist recognised by the [British Psychoanalytic Council \(BPC\)](#). I trained at [WPF Therapy](#), graduating with the WPF Advanced Diploma in Psychodynamic Counselling, and a Postgraduate Diploma in Psychodynamic Studies accredited by the [University of Roehampton](#).

Professional organisation memberships

I am a full member of WPF's graduate organisation, [The Foundation for Psychotherapy and Counselling \(FPC\)](#). The Foundation has a strict code of ethics and a supportive complaints procedure. The Foundation is an organisational member of the [British Psychoanalytic Council \(BPC\)](#), the [United Kingdom Council for Psychotherapy \(UKCP\)](#) and the [British Association of Counselling and Psychotherapy \(BACP\)](#), ensuring the highest standards of professional practice and confidentiality.

Professional standards

I work within strict guidelines for professional supervision, undertake regular professional development and have full cover professional indemnity insurance.

Contact

To arrange an initial meeting please contact me by phone or email, giving your name, phone number and a convenient time for me to call you back. I will respond as soon as I can.

Phone 07983 730873

Email joanna@w1psychotherapy.co.uk

My work

I see clients in private practice for open-ended and time-limited counselling and psychotherapy. I have worked as a psychotherapist in the NHS, undertaken clinical work for national [employee assistance programme providers](#), worked in university counselling services and for [Mind](#).

I also have many years experience as a consultant for cultural and individual change in media, communications, music, education and the arts.

Location

Linen Hall
162-168 Regent Street
London W1B 5TF

Linen Hall is halfway between Oxford Circus and Piccadilly Circus, convenient for Central, Victoria, Bakerloo and Piccadilly tube lines, and on bus routes 3, 6, 12, 13, 15, 23, 88, 94, 139, 159, 453

See Google Maps [location map](#)

