



W1 PSYCHOTHERAPY & COUNSELLING

Joanna Buick MBACP FPC

I am a professionally trained, qualified and experienced therapist working in central London, between Oxford Street and Piccadilly Circus. I offer confidential face-to-face counselling and psychotherapy for adults, and an assessment service to help you clarify your needs.

ABOUT PSYCHODYNAMIC PSYCHOTHERAPY & COUNSELLING

What is therapy?

Psychodynamic psychotherapy, including counselling, is concerned with the interaction between two people, the patient or client and the therapist. I treat each person as a unique individual.

A counsellor or therapist working psychodynamically does not advise you, or make suggestions. Instead, you and your therapist think together about the issues that concern you, exploring the feelings and thoughts you have about your life.

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 feel 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](#).

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 would then both take some time to think about possible options. This might involve my offering you an appointment, or referring you to a more 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. Depending on your needs, we would agree to meet once weekly, or more frequently.

Fees

My fee for ongoing 50 minute sessions, normally between £45 and £80, 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 £80.

Fees are payable directly to me, in cash or by cheque. I do not accept payment by credit or debit cards.

ETHICS & QUALIFICATIONS

Confidentiality

All your communications with me are confidential, whether in person, on the phone or by email. 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. Your identity and personal details will not be revealed outside our relationship.

Training

I undertook my professional training at [WPF Counselling and Psychotherapy](#), 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](#). The Foundation has a strict code of ethics and a complaints procedure, ensuring the highest standards of confidentiality and professional practice. The Foundation is an organisational member of the [United Kingdom Council for Psychotherapy \(UKCP\)](#).

I am a member of the [British Association of Counselling and Psychotherapy \(BACP\)](#), which is the largest professional body for counsellors and psychotherapists in the UK, and ensures all its members are appropriately trained and qualified.

Professional standards

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

My work

I see clients in private practice for open-ended and time-limited counselling and psychotherapy. I work as a psychotherapist in the NHS, undertake clinical work for national employee assistance programme providers and have worked in university counselling services and for Mind. I also have many years experience as a consultant for cultural and individual change in media, music, education and the arts.

CONTACT ME

If you would like 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

Location

Linen Hall
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.

