

Therapeutic Support

We are proud to offer an outstanding level of support, in confidential and supportive surroundings. Our team of highly qualified clinical psychologists offer specialised psychological therapies, specifically for many difficulties that can have an impact children, adolescents, and young people.

Our team are exceptionally well-qualified, to doctoral level – the highest of academic standards. Our team have spent many years with NHS teams, and we are rigorously regulated by the Health & Care Professions Council (HCPC).

Every psychological therapy we offer is based on the latest evidence, approved by the National Institute for Health and Care Excellence (NICE), and we will only ever provide support if we believe that we are best placed to do so.

Each appointment is around one hour. We can meet online or face-to-face, and we can meet as often or as infrequently as you need.

 www.cayp-psychology.com
 **0333 242 0824**
 **07446 502 690**
 enquiries@cayp-psychology.com



Our Expertise

Each of our clinical psychologists has an area of expertise. Across our team, we are able to offer support for:

Mood Challenges

Anxiety | Panic Attacks | Anger and emotional regulation difficulties | Phobias | Separation anxiety and generalised anxiety | Obsessions and compulsions to act | Tics and involuntary movement responses | Low self-esteem, low mood, and depression | Thoughts about not wanting to be here any more

Health Concerns

Psychological consequences of living with a health condition | Persistent physical symptoms and psychosomatic difficulties

Adjustment Problems

Life transitions | Bereavements | Family Separation | New Schools | Adjustment to being a new parent

Trauma

Emotional difficulties following a traumatic event | Difficulties managing emotions | Re-living what happened, through flashbacks or nightmares | Developmental trauma due to childhood mistreatment or abuse | Supporting children who are looked after and/or adopted

Behavioural Concerns

Behaviours that are difficult to understand and manage, including non-compliance or disruptive behaviour | Sleeping problems | Toileting difficulties | Self-harm

Social Difficulties

Bullying and concerns with social development | Cyber-bullying | Internet and technology addiction | Online safety

Eating Difficulties

Concerns around atypical eating and thinking about eating or food | Difficulties with Avoidant/Restrictive Food Intake Disorder (ARFID) | Supporting people with anorexia, bulimia and binge eating difficulties

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Find out more here

