

Association for Rational Emotive Behavioural Therapy



Association for Rational Emotive Behavioural Therapy Therapist Register

Whilst anyone interested in the field of Rational Emotive Behavioural Therapy can become an Affiliate or Associate member of the Association, only those who have attained one or more of the following qualifications are recognised by the Association as Qualified to offer their services to the general public. Their details will show one or more of the following letters after their name:

1a. MAREBT i.e. Individual member of AREBT who has completed core training in REBT i.e. attained a minimum of Advanced level REBT and have additional relevant academic/professional qualification/s and registration in one or more of the following:

- Psychotherapy e.g. BABCP or UKCP Registered/Accredited Psychotherapist
- Psychology e.g. CPsychol Chartered Psychologist, HCPC Registered
- Counselling e.g. BACP registered or NCS Accredited
- Nursing e.g. Occupational Therapist
- Psychiatry

1b. Or have attained a Master of Science in REBT (MSc)

2. AREBT Accredited - BABCP Accredited or equivalent body of Psychological attainment i.e. BPS, HCPC, BACP etc. indicating recognised advanced level of experience and training.

3. SENIOR AREBT Accredited- awarded to members who through five yearly reaccreditation assessment, have demonstrated Continued Professional Development and on-going Supervision.

4. FAREBT: Fellowship given to members of the Association who have been foremost in promoting REBT and/or The Association of Rational Emotive Behaviour Therapy.

5. AREBT Accredited Coach i.e. Rational Emotive Behavioural Coach award.

6. UKCP Registered or Accredited

Members who satisfy AREBT Membership Criteria 1b, 2, 3, 4, 5, or 6 have demonstrated an advanced level of practice and study as indicated with ACCREDITED status next to their names. Once accredited in REB Therapy members can also register on the joint AREBT/BABCP register of accredited RECBTers i.e. www.cbregister.com www.arebt.one to read these codes. If you have any cause for complaint against a therapist who has not adhered to these codes log onto our website for details as to how to lodge a complaint.

Association for Rational Emotive Behavioural Therapy



Revised 27 June, 2019

AREBT THERAPIST LIST

IN GEOGRAPHICAL - ALPHABETICAL ORDER

Under each named therapist is a listing of the specialist areas in which they work.

BUCKINGHAMSHIRE

NAME: GILLIAN GARRATT, M.A. B.Ed (Hons) AREBT SENIOR ACCREDITED, UKCP REGISTERED

Contact Tel No: 07710 524465

Web: www.counsellingcbt.com & www.happytalking.co.uk

Client Groups: Adults 18 - 60 Older Adults 60+

Treatment Areas: Anger Issues Gender Issues/Sexual Identity Relationships,

Anxiety/Panic Learning Disability Self Harm, Depression Physical

Health Problems Trauma, PTSD

Fees: Reduced fees available subject to circumstances and therapy available to students who are undertaking counselling/psychotherapeutic training.

DORSET

NAME: FRANK SMITH AREBT SENIOR ACCREDITED, BABCP ACCREDITED, BACP ACCREDITED, NRAH ACCREDITED, UKRC & UKCHO Registered

Also use: Person Centred; Solution Focused Brief Therapy; alongside Rational Emotive Behaviour Therapy, Cognitive Behavioural Therapy

Contact Tel No: 07799410468

E-mail: frank@counsellor.org.uk

Website: www.counsellor.org.uk

Client Groups: Adults 18 – 60 Older Adults 60+ Family Groups, Couples Group Therapy Treatment Areas: Eating Disorders Phobias: Alcohol & Substance Misuse, Anger Issues Relationships Gender Issues/Sexual Identity, Anxiety/Panic Learning Disability Self Harm, Sexual Abuse, Bipolar Disorder, Personality Disorder Depression Physical Health Problems, Trauma, PTSD, Addiction, Bereavement Stress, Obsessive Compulsive Disorders, Chronic Fatigue/ME, Sleep Disorders, Chronic, Pain/Pain Management

Fees: On request

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ESSEX

NAME: LORRAINE BARREAU AREBT ACCREDITED, BABCP ACCREDITED, AEI trained Supervisor.

Contact Tel: 07967 560970

Web: www.theclinic.org.uk

Client Groups Adults 18-60, Home visits available to clients and reduced fees available for students who are undertaking counselling/psychotherapeutic training.

Treatment Areas: Eating Disorders, Phobias, Alcohol and Substance Misuse; Anger Issues, Anxiety and Panic, Depression, PTSD, Gender Issues/Sexual Identity, OCD, Occupational Issues, Personality Disorder, Physical Health problems, Relationships, Self-Harm, Sexual Abuse, Sleep Disorders, Trauma

NAME: JOANNE OTON AREBT ACCREDITED, BABCP ACCREDITED

Contact Tel: 07923 555 820

Email: joanne.oton@yahoo.co.uk

Web: www.londonandessexcbt.com

Client Groups: Adults 18 - 60 Older Adults 60+, Adolescents 13 – 17, Disabled access, plus reduced fees to students who as part of their recognised counselling/psychotherapeutic training course are required to have personal counselling

Treatment Areas: Eating Disorders, Phobias, Sexual Abuse, Alcohol & Substance Misuse Anger Issues Sleep Disorders, Relationships Anxiety/Panic, Self-Harm, Chronic Fatigue/ME, Occupational Issues, PTSD, Chronic Pain/Pain Management, Personality Disorder, Depression, Physical Health Problems, Obsessive Compulsive Disorders, Trauma

Fees: On request

NAME: PAM SAUNDERS-WARD AREBT SENIOR ACCREDITED, BABCP ACCREDITED, BACP ACCREDITED, EMDR practitioner and UK Trauma Group Registered

Contact Tel: 01206 814 740

Mobile: 07711 317 071

Email: pam@saunders-clinic.co.uk

Web: www.saunders-clinic.co.uk

Client Groups: Children up to 12 Adults 18 - 60 Adolescents 13 – 17, Family Groups, Couples Group Therapy, Home visits available

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Treatment Areas: ADHD/ADD, Eating Disorders, Phobias, Alcohol & Substance Misuse, Anger Issues, Relationships, Anxiety/Panic, Learning Disability, Self-Harm, Aspergers Syndrome, Sexual Abuse, Bipolar Disorder, Obsessive Compulsive Disorders, Sexual Health Issues, Chronic Fatigue/ME, Occupational Issues, Sleep Disorders, Chronic Pain/Pain Management, Personality Disorder, Depression, Physical Health Problems, Trauma, PTSD, EMDR for Adults and Children, Stress

HAMPSHIRE

NAME: FRANK SMITH AREBT SENIOR ACCREDITED, BABCP ACCREDITED, BACP ACCREDITED, NRAH ACCREDITED, UKRC & UKCHO Registered

Also use: Person Centred; Solution Focused Brief Therapy; alongside Rational Emotive Behaviour Therapy, Cognitive Behavioural Therapy

Contact Tel: 07799410468

E-mail: frank@counsellor.org.uk

Website: www.counsellor.org.uk

Client Groups: Adults 18 – 60 Older Adults 60+ Family Groups, Couples Group

Treatment Areas: Eating Disorders, Phobias, Alcohol & Substance Misuse, Anger Issues, Relationships, Gender Issues/Sexual Identity, Anxiety/Panic, Learning Disability, Self-Harm, Sexual Abuse, Bipolar Disorder, Personality Disorder, Depression, Physical Health Problems, Trauma, PTSD, Addiction, Bereavement, Stress, Obsessive Compulsive Disorders, Chronic Fatigue/ME, Sleep Disorders, Chronic Pain/Pain Management

Fees: On request

Name RON MELDRUM AREBT SENIOR ACCREDITED, BABCP ACCREDITED

Also use EMDR within my practice.

Contact Tel: 07743901122

Web: www.cognitivetherapy4u.co.uk

Client Groups: Adults 18 - 60 Older Adults 60+ Couples, Group Therapy. Home visits and reduced fees available; also access to therapy for students undertaking a recognised counselling/psychotherapy training course.

Treatment Areas: Eating Disorders, Phobias, Trauma, Alcohol & Substance Misuse, Anger Issues, Relationships, Anxiety/Panic, Sexual Abuse, PTSD, Obsessive Compulsive Disorders, Occupational Issues, Depression, PTSD

ISLE OF WIGHT

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NAME: JACQUELINE SMITH AREBT ACCREDITED, BABCP Member, BACP ACCREDITED, EMDR Accredited

Contact Tel No: 07793 198447 or 01983854299

Web: www.cognitize.com

E-mail: enquiries@cognitize.com

Client Groups: Adults 18 - 60 Older Adults 60+

Treatment Areas: Trauma, Post-Traumatic Stress Disorder, Phobias, Anger, Depression, Panic Disorder, Relationship Issues, Occupational Issues, Health Anxiety, Sleep Disorders, Anxiety, Obsessive Compulsive Disorder (OCD), Body Dysmorphia Disorder (BDD),

Fees: On request

HERTFORDSHIRE

NAME: MEIR STOLEAR AREBT SENIOR ACCREDITED, BABCP ACCREDITED

Contact Tel: 07900 258207

Web: www.cbtcare.com

Languages available: English & Hebrew

Client Groups: Adults 18 - 60 Older Adults 60+ Family Groups, Couples Group Therapy. Reduced fees available subject to client circumstances - also access to therapy for students undertaking a recognised counselling/psychotherapy training course.

Treatment Areas: ADHD/ADD, Eating Disorders, Phobias, Anger Issues, Relationships, Depression, Anxiety /Panic, Bipolar Disorder, Trauma, Obsessive Compulsive Disorders, Chronic Fatigue/ME, PTSD, Occupational Issues, Sleep Disorders, Chronic Pain/Pain Management

KENT

NAME: EDELWEISS COLLINGS MSc AREBT ACCREDITED BABCP ACCREDITED

Also use CBT, Multimodal Therapy

Tel: 07880715448

Client Groups: Adolescents 13-17 Adults 18 - 60 Older Adults 60+, Family Groups Couples Group therapy. Home visits to clients available in Sevenoaks, Tonbridge, Tunbridge Wells and reduced cost therapy available to students attending a counselling, psychotherapy training course

Treatment Areas: Anger Issues, Eating Disorders, Phobias, Depression, Relationships Anxiety/Panic, OCD, Sexual abuse, Bipolar disorder Post Traumatic Stress Disorder,

Fees: Reduced fees available

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NAME: NOREEN EMMANS AREBT SENIOR ACCREDITED, BACP ACCREDITED, UKCP REGISTERED

Tel: 01227 362220 or 07976 546382

Web: www.noreenemmans.co.uk

Client Groups: Adults 18 - 60 Older Adults 60+ Couples, Home visits to clients available up to a 30 mile radius and therapy available to students attending a counselling/psychotherapy training course

Treatment Areas: Anger Issues, Relationships, Anxiety/Panic, Occupational Issues, Trauma, Gender Issues/Sexual Identity

Fees: Reduced fees available

NAME: PAUL GRAY MSc. MAREBT, MBSCH. AREBT ACCREDITED, UKCP REGISTERED

Also use Clinical Hypnosis

Tel: 07879634220

Email: paul@paulgraycbt.co.uk

Client Groups: Adolescents 13-17, Adults 18 +,

Treatment Areas: Anxiety/Panic, Depression, Eating Disorders, Anger Issues, Problems relating to ASD's and ADHD, Phobias, Alcohol & substance misuse, Relationship issues, Occupational issues, Obsessive Compulsive Disorder, PTSD

Name IRENE TUBBS FAREBT, AREBT SENIOR ACCREDITED, BABCP ACCREDITED, BACP SENIOR ACCREDITED, AREBT ACCREDITED COGNITIVE BEHAVIOURAL COACH

Offers: Rational Emotive Cognitive Behavioural Education certificated training courses for those working with or teaching children. Also uses Multi-modal therapy, Stress Management & Health Coaching.

Tel: 01322 862158

Email: iatubbs@aol.com

Web: www.optimumwellbeing.org.uk

Client Groups: Children up to 12 Adults 18 - 60 Older Adults 60+ Adolescents 13 – 17, Couples. Also offer therapy to students undertaking counselling/psychotherapy training and CPD training courses in CBT/REBT/Stress Management/Relaxation and Health & Wellbeing Coaching, plus Rational Emotive Cognitive Behavioural Education certificated training courses for those working with or teaching children

Treatment Areas: Eating Disorders, alcohol & substance misuse, Trauma, Phobias, anger issues, Depression, Anxiety/Panic, Self-Harm, Sexual Abuse, Sexual Health Issues Chronic Fatigue/ME, Fertility, Occupational Issues, Sleep Disorders, PTSD, Sport Psychology, Relationship, Stress,

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Obsessive Compulsive Disorders, Chronic Pain/Pain Management, Physical Health Problems, Recovery after illness, Gender Issues/sexual identity, Poor self-esteem, Coaching for confidence

Fees: Available on request

NAME: ANN THOMPSON MSC (Accred), MAREBT, MBACP, CCYP, Diploma CLINICAL SUPERVISOR

Tel: 07946-541459 or 0133-557737

Web: www.bexley-counselling.co.uk

Client Groups: Children up to 12 Adults 18 - 60 Older Adults 60+, Adolescents 13 – 17, Couples. In addition home visits and sliding scale of fees available; as well as access to therapy for students who are undertaking recognised training in counselling/psychotherapy

Treatment Areas: ADHD/ADD, Eating Disorders, Phobias, Alcohol & Substance Misuse Forensic, Relationships, Psychosis, Schizophrenia, Anger Issues, Self-Harm, Gender Issues/Sexual Identity, Anxiety/Panic, Bipolar, Learning Disability, Aspergers Syndrome Sexual Abuse, Obsessive Compulsive Disorders, Sexual Health Issues, Trauma, Chronic Fatigue/ME, Occupational Issues, Sleep Disorders, Chronic Pain/Pain Management, Personality Disorder, PTSD, Depression, Physical Health Problems, Trauma

LEICESTERSHIRE

NAME: CHRISTOPHER HEVEY AREBT ACCREDITED

Tel: 07799546854 & 0116 2849330

Client Groups: Children up to 12 Adults 18 - 60 Older Adults, Adolescents 13 – 17, Family Groups, Home visits available and access to therapy for students who are undertaking recognised training in counselling/psychotherapy

Treatment Areas: ADHD/ADD, Alcohol & Substance Misuse, Gender Issues/Sexual Identity, Relationships, Anxiety/Panic, Obsessive Compulsive Disorders, Occupational Issues, Sleep Disorders, Sport Psychology, Depression, Trauma, Early Intervention Service project designed to offer evidenced based training programmes and support to parents experiencing difficulty in managing their children's behaviour.

Fees: Available on request

LONDON

Name RAMEEZ ALI AREBT ACCREDITED THERAPIST, AEI RECOGNISED SUPERVISOR, AREBT ACCREDITED SUPERVISOR

Contact Tel No: 07973800909

Language/s: English Urdu Punjabi and Kashmiri

Client Groups: Adults 18 - 60 Couples Group Therapy, Refugees/Asylum Seekers, Offer reduced fees to Students on a recognised counselling/psychotherapeutic training course

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Treatment Areas: Eating Disorders, Phobias, Forensic, Psychosis, Schizophrenia, Anger Issues, Relationships, Anxiety/Panic, Self-Harm, Sexual Abuse, Bipolar Disorder, Personality Disorder, Depression, Trauma, PTSD, Alcohol & Substance misuse, Occupational Issues

Fees: available on request

NAME: BERNADETTE AINSWORTH BA (Hons) MSc, MAREBT

Tel: 0207 240 1535

E-mail: bernadettelainsworth@msn.com

Client Groups: Adolescents 13-17 Adults 18 - 60 Older Adults 60+, Couples Group therapy, Asylum seekers, Home visits and reduced fees available in certain circumstances

Treatment areas: Emotional Problems, Low Self-esteem and confidence-building, Anxiety (including exam nerves) Bi-Polar Disorder, Depression, Eating Addiction, Bulimia Nervosa, Obsessive Compulsive Disorder.

Fees: Available on request.

NAME: LORRAINE BARREAU AREBT ACCREDITED, BABCP ACCREDITED, AEI trained Supervisor.

Contact Tel: 07967 560970

Web: www.theclinic.org.uk

Client Groups Adults 18-60, Home visits available to clients and reduced fees available for students who are undertaking counselling/psychotherapeutic training.

Treatment Areas: Eating Disorders, Phobias, Alcohol and Substance Misuse; Anger Issues, Anxiety and Panic, Depression, PTSD, Gender Issues/Sexual Identity, OCD, Occupational Issues, Personality Disorder, Physical Health problems, Relationships, Self-Harm, Sexual Abuse, Sleep Disorders, Trauma

NAME: DENNIS R BURY MAREBT: CPsychol, BABCP ACCREDITED

Also use Mindfulness, CBT, Personal Construct Therapy, Multi Modal Therapy and EMDR within my practice.

Tel No.: 020 8348 9181

Web: www.dennisbury.co.uk

Client Groups: Adults 18 - 60 Older Adults 60+ Adolescents 13-17, Couples Group Therapy Refugees/Asylum seekers, Home visits available (within two miles). Therapy available to students who are part of their recognised counselling/psychotherapeutic training course are required to have personal counselling

Treatment Areas: Eating Disorders, Phobias, Relationships, Anxiety/Panic, Obsessive Compulsive Disorders, Occupational problems, Depression, Trauma, PTSD, Fees: Available on request

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NAME: THELMA DABOR AREBT SENIOR ACCREDITED, BABCP ACCREDITED

Also use Schema Focused Therapy, Reality Therapy

Tel: 07779413031

Client Groups: Adults 18 - 60 Group therapy, In addition reduced fees available, and access to therapy for students who are attending a recognised counselling/psychotherapy training course.

Treatment Areas: Phobias: Anger Issues, Relationships, Anxiety/Panic Self Harm, Sexual Abuse, Bipolar Disorder, Trauma, Sexual Health Issue, PTSD, Chronic Fatigue/ME, Depression, Occupational Issues, Sleep Disorders, Chronic Pain/Pain Management, physical Health problems, Obsessive Compulsive Disorders

Fees: Available on request

NAME: Dr MIA DEBIDIN MAREBT, CPsychol Chartered Psychologist

Contact Tel No: 07952 907 908

Client Groups: Adults 18 – 60, In addition home visits and reduced fees available; plus access to therapy for students undertaking a recognised counselling/psychotherapeutic training course.

Treatment Areas: Anger Issues, Anxiety, Self-Harm Obsessive Compulsive Disorders, Depression, PTSD

NAME: NICOLA MARTIN MSc

Tel: 020 8675 1598

Client Groups: Adults 18 - 60 Older Adults 60+ Adolescents 13-17, Couples

Treatment Areas: Eating Disorders, General Phobias, PTSD, Anxiety/Panic, Depression, Trauma, Anger issues, Relationships, Stress, Obsessive Compulsive Disorders, Low Self Worth, Methods used: Hypnotherapy, CBT, Mindfulness, Traumatic Incident Reduction (TIR)

NAME: VANESSA WALLACE MAREBT

As well as REBT also use 12 step model Interpersonal group therapy.

Contact Tel No: 07917061284

Client Groups: Adults 18 - 60 Older Adults 60+ Group Therapy, Reduced fee and home visits available, plus access to therapy/supervision for students undertaking a recognised counselling/psychotherapy training course.

Treatment Areas: ADHD/ADD, Eating Disorders, PTSD, Personality Disorder, Alcohol & Substance misuse, Anxiety/Panic, Psychosis, Schizophrenia, Anger issues, Gender Issues/Sexual Identity, Relationships, Self-Harm, Bipolar Disorder, Obsessive Compulsive Disorders, Sexual Health Issues, Depression, Addictions: Gambling, sexual, internet, work, parenting, Abuse issues and domestic violence, criminal offending behaviour.

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NAME: PROFESSOR WINDY DRYDEN, FAREBT, AREBT SENIOR ACCREDITED, BABCP ACCREDITED, UKCP REGISTERED

Tel: 07971 214196

Client Groups: Adults 18 - 60 Older Adults 60+ Couples Group Therapy

Treatment Areas: Alcohol & Substance Misuse, Anger Issues Gender Issues/Sexual Identity Relationships, Anxiety/Panic, Self-Harm, Sexual Abuse, Bipolar Disorder, Obsessive Compulsive Disorders, PTSD, Personality Disorder, Depression, Trauma Fees: Available on request.

NAME: TONY FREEMAN MAREBT, BACP

Also use Hypnotherapy and EMDR (Trauma treatment)

Contact Tel No: 07894 902 03

Web: www.freemancbt.com

Languages: English or Japanese

Client Groups: Adolescents 13 - 17 Adults 18 - 60 Older Adults 60+ Family Groups, Couples Group Therapy, Refugees/Asylum Seekers, Home visits available. Plus reduced fees for students who as part of their recognised counselling/psychotherapeutic training course are required to have personal counselling

Treatment Areas: ADHD/ADD, Eating Disorders, Phobias, Alcohol & Substance Misuse, Psychosis/Schizophrenia, Trauma, Anger Issues, Relationships, Anxiety/Panic, Learning Disability, Self-Harm, Asperger Syndrome, Sexual Abuse, Bipolar Disorder, Sexual Health Issues Chronic Fatigue/ME PTSD, Occupational Issues, Sleep Disorders, Depression, Chronic Pain/Pain Management, Gender Issues/Sexual Identity, Obsessive Compulsive Disorder, Personality Disorder, Sport Psychology, Physical Health Problems

NAME: DANIEL FRYER MAREBT, MSc RECBT, Clinical Hypnotherapy

Tel: 07956 839476

Web: www.danielfryer.com

Email: info@danielfryer.com

Client Groups: Adolescents 13 - 17 Adults 18 - 60 Older Adults 60+, Gay, Reduced fees for students who as part of their recognised counselling/psychotherapeutic training course are required to have personal counselling.

Treatment Areas: Eating Disorders, Phobias, Depression, Occupational Issues, Alcohol & Substance Misuse, Anger Issues, Anxiety/Panic, Sexual Abuse, Sexual Health Issues, Chronic Fatigue/ME, Chronic Pain/Pain Management, Gender Issues/Sexual Identity, Obsessive Compulsive Disorder, Physical Health Problems

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Fees: On request

NAME: BEVERLEY HARPER MAREBT, MSc RE&CBT

Tel: 0780 890 1177

Email: info@beverleyharper.co.uk

Web: www.beverleyharper.co.uk

Client groups: Adults 18-60 Older adults 60+ Couples, Group Therapy

Treatment areas: Eating Disorders, Phobias, Alcohol & Substance Misuse, Anger Issues, Depression, Trauma, Relationships, Anxiety/Panic, Self-Harm, Sexual Abuse, Obsessive Compulsive Disorders, Sexual Health Issues, Chronic Fatigue/ME, Occupational Issues, Sleep Disorders, Physical Health Problems, Sport Psychology, PTSD, Fertility

NAME: GLADEANA McMAHON, AREBT SENIOR ACCREDITED, BABCP ACCREDITED, BACP ACCREDITED, UKCP REGISTERED, AREBT ACCREDITED COGNITIVE BEHAVIOURAL COACH

Tel: 020 8852 4854

Email: info@gladeanamcmahon.com

Web: www.cognitivebehaviouralcoachingworks.com

www.gladeanamcmahon.com

Client Groups: Adults 18-60, Couples, Home visits dependent on location: Also offer therapy to students undertaking counselling/psychotherapy training.

Treatment Areas: Phobias, Alcohol & Substance Misuse, Anger Issues, Gender Issues/Sexual Identity, Relationships, PTSD, Anxiety/Panic, Obsessive Compulsive Disorders, Stress, Depression, Physical Health Problems, Trauma Coaching for Confidence, Coaching. Also use CBT, Multi-modal and Stress Management within therapy.

Fees: Available on request

NAME: DENISE CHRISTY BABCP ACCREDITED AREBT ACCREDITED BACP MEMBER

Tel: 07889 519138

Email: denisechristy@hotmail.com

Client Groups: Adults 18 – 60, Older Adults 60+, Adolescents 13-17, Couples.

Reduced fee therapy to students who as part of their recognized training program must engage in personal therapy.

Treatment Areas: Anger Issues, Depression, Trauma, Relationships, Anxiety/Panic, Sexual Abuse, Obsessive Compulsive Disorders, Chronic Fatigue/ME, Occupational Issues, PTSD, Chronic Pain/Pain Management

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NAME: DEBORAH MALKI AREBT ACCREDITED, UKCP REGISTERED

Tel: 07960-186344

Therapy provided in English and Italian

Client Groups: Adults 18 – 60. Reduced fees available to students who as part of their recognised counselling/psychotherapeutic training course are required to have personal counselling

Treatment Areas: ADHD/ADD Anger Issues, Relationships Obsessive Compulsive Disorders, Chronic Fatigue/ME Sleep Disorders, Personality Disorder, Depression, Physical Health Problems, Trauma

NAME: IAN MARTIN, MBSCH

Also use Mindfulness

Tel: 07976 700808

Web: www.ianseph.com

Client Groups: Adults 18 – 60, Older Adults 60+, Couples, Group Therapy

Fees: Negotiable

Treatment Areas: Eating Disorders, Anger Issues, Gender Issues/Sexual Identity, Trauma, Anxiety/Panic, Sexual Health Issues, Depression, Self-harm, Aspergers Syndrome, Personality Disorder, Sport Psychology, Phobias, Alcohol & substance misuse, Relationships, Sexual abuse, Bipolar disorder, Chronic Fatigue/ME, Occupational issues, Sleep disorders, Physical Health problems, PTSD, Obsessive Compulsive Disorders

NAME: PROFESSOR STEPHEN PALMER, PHD FAREBT, AREBT SENIOR ACCREDITED THERAPIST, AEI SUPERVISOR, AREBT ACCREDITED TRAINER & IN CBT SUPERVISOR, AREBT ACCREDITED COGNITIVE BEHAVIOURAL COACH, NACBT DIPLOMATE IN CBT, IABMCP DIPLOMATE IN COUNSELLING, PSYCHOTHERAPY & COACHING, UKCP REGISTERED

Tel: 0208 853 4171

Web: www.managingstress.com

Email: stephen.palmer@iafpd.com

Client Groups: Adults 18 – 60, Older Adults 60+, Adolescents 13 -17, Stress management groups for organisations

Virtual coaching and therapy (using skype, VSee or Zoom)

Treatment Areas: Phobias, Relationships, Anxiety/Panic, Obsessive Compulsive Disorders, Occupational Issues, Chronic Pain/Pain Management, Depression, Physical Health Problems, Trauma, PTSD

NAME: CHRISTOS PAPALEKAS AREBT ACCREDITED, BABCP/BACP & BPS Member

Also use Schema Focused Therapy and Psychodrama

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Tel: 07930852031

Email: papalekasc@yahoo.com

Languages offered: English Greek

Client Groups: Adults 18 – 60, Older Adults 60+, Group Therapy, Couples Therapy, also available to students undertaking a counselling/psychotherapy training course.

Treatment Areas: Anger Issues, Gender Issues/Sexual Identity, OCD, Trauma, Phobias, PTSD, Anxiety/Panic, Sexual Health Issues, Sexual abuse, EMDR for adults, Depression, Self-harm, Personality Disorder, Sport Psychology, Eating disorders, Relationships,

Fees: Available on request

NAME: PETER RUDELL BA (Hons) FAREBT, AREBT SENIOR ACCREDITED, BABCP ACCREDITED, UKCP REGISTERED

Tel: 0208 853 4171

Email: peter.ruddell@iafpd.com

Web: www.managingstress.com

Client Groups: Adults 18 – 60, Older Adults, 60+, Couples. Also provide access to therapy for students who are undertaking recognised training in counselling/psychotherapy.

Treatment Areas: Anger Issues, Sexual Abuse, Trauma, Obsessive Compulsive Disorders, Chronic Fatigue/ME, Occupational Issues, Sleep Disorders, Chronic Pain/Pain Management, Depression, Physical Health Problems, PTSD,

Fees: On request

NAME: ROBERTA GALLUCCIO RICHARDSON, Ph.D. CPsychol, AREBT ACCREDITED, American Psychological Association (APA) Faculty member, Certified REBT supervisor (USA & UK)

Also use Mindfulness.

Tel: 07733 089223

Web: www.rational-psychology.co.uk

Language: English & Italian

Client Groups: Children up to 12, Adults 18 – 60, Older Adults 60+, Adolescents 13 –17, home visits available

Treatment Areas: ADHD/ADD, Eating Disorders Phobias, Relationships, Anxiety/Panic, Learning Disability, Trauma, OCD, Depression, Parenting skills, PTSD, Anger, Physical Health Problems, Social/organizational skills, Oppositional defiant disorder, Alcohol & Substance Misuse,

Fees: On request

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NAME: MEIR STOLEAR AREBT SENIOR ACCREDITED, BABCP ACCREDITED

Tel: 07900 258207

Web: www.cbtcare.com

Languages available: English & Hebrew

Client Groups: Adults 18 - 60 Older Adults 60+ Family Groups, Couples Group Therapy. Reduced fees available subject to client circumstances - also access to therapy for students undertaking a recognised counselling/psychotherapy training course.

Treatment Areas: ADHD/ADD, Eating Disorders, Phobias, Anger Issues, Relationships, Depression, Anxiety/Panic, Bipolar Disorder, Trauma Obsessive Compulsive Disorders, Chronic Fatigue/ME, PTSD, Occupational Issues, Sleep Disorders, Chronic Pain/Pain Management.

Fees: On request

Name IRENE TUBBS FAREBT, AREBT SENIOR ACCREDITED, BABCP ACCREDITED, BACP SENIOR ACCREDITED, AREBT ACCREDITED COGNITIVE BEHAVIOURAL COACH

Offers: Rational Emotive Cognitive Behavioural Education certificated training courses for those working with or teaching children. Also uses Multi-modal therapy, Stress Management & Health Coaching.

Tel: 01322 862158

Email: iatubbs@aol.com

Web: www.optimumwellbeing.org.uk

Client Groups: Children up to 12 Adults 18 - 60 Older Adults 60+ Adolescents 13 – 17 Couples. Also offer therapy to students undertaking counselling/psychotherapy training and CPD training courses in CBT/REBT/Stress Management/Relaxation and Health & Wellbeing Coaching, plus Rational Emotive Cognitive Behavioural Education certificated training courses for those working with or teaching children

NAME: COLIN WILLIAMS AREBT ACCREDITED

Tel: 07764 368736

Email: mytherapist@hotmail.co.uk

Client Groups: Adults 18 – 60, Couples, Group Therapy

Treatment Areas: Eating Disorders, Phobias, Alcohol & Substance misuse, Anger Issues, Relationships, Anxiety/Panic, Sexual Abuse, Sexual Health Issues, Chronic Fatigue/ME, Trauma, PTSD,

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Occupational Issues, Chronic Pain/Pain Management, Depression, Physical Health Problems, Gender Issues/Sexual Identity, Obsessive Compulsive Disorders

In addition I am practiced in Mindfulness; make home visits to clients and offer therapeutic support for students who are studying a counselling/psychotherapy course

Fees: I offer a sliding scale of fees dependant on client income

NORFOLK

NAME: Dr DAVID BAKER PhD MSc, BSc (Hons), DMS, PG Clin Sup, CPsychol AREBT ACCREDITED, BABCP ACCREDITED

Senior Accredited Therapist AREBT,

Senior Supervisor,

Tel: 01366 328616

E-mail: drdavidbaker@icloud.com

Web: www.cbtuk.co.uk

Client Groups: Adults 18+

Treatment Areas: Eating Disorders, IBS, Anger Issues, Relationships, Gender Issues/Sexual Identity, Anxiety/Panic, Learning Disability, Self-Harm, Sexual Abuse, Bipolar Disorder, Personality Disorder, Depression, Physical Health Problems, Trauma, PTSD, Bereavement, Stress, Obsessive Compulsive Disorders, Chronic Fatigue/ME, Sleep Disorders, Chronic Pain/Pain Management, Music performance anxiety (see web site), Medical legal reports.

Fees: On request. Domiciliary visits: By special arrangement.

Skype/telephone therapy available.

NAME: TED WALLACE AREBT ACCREDITED, BABCP REGISTERED, UKCP REGISTERED

Also use Multimodal CBT, Brief Solution Focused Therapy

Tel: 01263 761667

Email: wenspur@yahoo.co.uk

Client groups: Adults 18-60, Adults 60 +, Older

Treatment areas: Alcohol, Anger, Anxiety/Panic, Chronic Fatigue/ME, Depression, PTSD, Eating Disorders, Occupational, Relationships, Self-harm, Trauma, Harassment/Bullying, Resettlement Therapy.

Fees: available on Request: Sliding scale possible

Association for Rational Emotive Behavioural Therapy



NAME: REBECCA JUDGE AREBT ACCREDITED, BABCP ACCREDITED, RNMH, BSc, MSt, MSc RECBT

Tel: 01366 320782 or 07530 928070

Email: rebeccajudge@live.co.uk

Web: www.cbtnorfolk.co.uk

Client Groups: Children up to 12, Adults 18 – 60, Older Adults 60+, Adolescents 13 –17, Family, Groups, Couples. Also provide therapy to students undertaking a recognized therapeutic or counselling training as part of their studies. Home visits and low fees available

Treatment Areas: ADHD/ADD, Eating Disorders, Phobias, Alcohol & Substance Misuse, Anger Issues, Relationships, Gender Issues/Sexual Identity, Anxiety/Panic, Learning Disability, Physical Health Problems, Asperger Syndrome, Neuro, Sexual Abuse, Bipolar Disorder, Depression, Obsessive Compulsive Disorders, Chronic Fatigue/ME, Trauma, Occupational Issues, Sleep Disorders, PTSD, Chronic Pain/Pain Management, Personality Disorder, Self-Harm

NOTTINGHAM

NAME: NIGEL PUGH MAREBT

Tel: 07709 428860

Email: email4nige@gmail.com

Client Groups: Adults 18 – 60, Older Adults 60+, Family, Groups, Couples, Group Therapy

Treatment Areas: Eating Disorders, Phobias, Alcohol & Substance Misuse, Anger Issues, Relationships, Anxiety/Panic, Depression, Bereavement, Stress, Obsessive Compulsive Disorders,

Fees: available on request

SUFFOLK

Name. SARAH KAMKE MAREBT

Contact Tel No.: 01728 627 960

Client Groups: Adults 18 – 60, Older Adults 60+, Group Therapy, Disabled access available. Home visits available

Treatment Areas: Depression, Anger issues, Sleep disorders, Anxiety/Panic, Bipolar Disorder, PTSD, Occupational Issues, Obsessive Compulsive Disorders, Disability issues, Chronic Fatigue/ME, Chronic pain/pain management, Physical Health problems

Fees: available on Request

SURREY

NAME: PETER BRYAN AREBT ACCREDITED, BABCP ACCREDITED

Association for Rational Emotive Behavioural Therapy



Tel: 07976245293

Web: www.surreycbttherapist.co.uk

Client Groups: Adults over 18 years

Treatment Areas: Phobias, Alcohol & Substance Misuse, Depression, Anxiety/Panic, Bipolar Disorder, PTSD, Occupational Issues, Obsessive Compulsive Disorders

Fees: available on Request

NAME: MICHAEL COHEN MAREBT

Also use Clinical Hypnotherapy

Tel: 020 8643 4925

Web: www.hypnosisandhealing.co.uk

Client Groups: Adults 18 – 60, Couples, Home visits and low fees available

Treatment Areas: Anger Issues, Relationships, Anxiety/Panic, Sexual Abuse, Obsessive Compulsive Disorders, Sleep Disorders, Depression, Trauma, Irritable Bowel Syndrome, Smoking Cessation

Fees: on request

NAME: SIMON SIMPSON AREBT ACCREDITED, BABCP ACCREDITED, NRHP

Within my practice I also offer Stress Management & Clinical Hypnosis

Tel: 07801 450 477

Web: www.cbt-surrey.co.uk

Email: simon@cbt-surrey.co.uk

Client Groups: Adults 18 – 60, Older Adults 60+. I offer therapy to students who are undertaking a counselling/psychotherapy training course.

Treatment Areas: PTSD, Trauma, Stress Eating Disorders, Phobias, Anger Issues, Anxiety/Panic, Occupational Issues, Sleep Disorders, Depression, Obsessive Compulsive Disorders

Fees: variable rates –available on request.

SUSSEX

NAME: MUSA NYONI AREBT ACCREDITED

Email: musa78@hotmail.co.uk

Client Groups: Adults 18-over

Association for Rational Emotive Behavioural Therapy



Treatment Areas: Eating Disorders, Phobias, Alcohol and Substance, Anger Issues, Anxiety/Panic, Anxiety and Panic, Depression, PTSD, Gender Issues/Sexual Identity, OCD, Physical Health problems, Personality Disorder, Self-Harm, Relationships, Sleep Disorders, Sexual Abuse, Trauma

NAME: EDWARD SIM AREBT ACCREDITED, EMDRA ACCREDITED, UKCP Registered.

Tel No: 07958379906

E-mail: edward@ptsdtreatment.co.uk

Web: www.ptsdtreatment.co.uk

Client Groups: Adolescents 13 – 17, Adults 18 – 60, Older Adults 60+, Couples, Group Therapy. Offer home visits to clients and work with students undertaking a counselling/psychotherapy training course.

Treatment Areas: Eating Disorders, Alcohol & Substance Misuse, Phobias, Anger Issues, Gender Issues/Sexual Identity, Relationships, Anxiety/Panic, Self-Harm, Sexual Abuse, PTSD, Sexual Health Issues, Depression, Chronic Fatigue/ME, Occupational Issues, Sleep Disorders, Trauma, Obsessive Compulsive Disorders, Chronic Pain/Pain Management, Exam anxiety

Fees: on request

WALES

SWANSEA

NAME: PAUL JONES AREBT ACCREDITED

Also use EMDR

Tel No: 01792 637668 or 07892947305

Client Groups: Adults 18 – 60, Older Adults 60+, Adolescents 13 – 17, Couples,

Group Therapy. Access to therapy available to students who are undertaking a recognised counselling/psychotherapy training course.

Disabled access

Treatment Areas: Eating Disorders, Phobias, Anger Issues, Relationships, Anxiety/Panic, Self-Harm, Occupational Issues, Depression, Trauma, PTSD.

Fees: Available on Request

NAME: ANGELA PHILLIPS ADVANCE PRACTITIONER REBT AEI

Also CBT/DBT practitioner

Tel No: 07912288513

Email: ang1@msn.com

Association for Rational Emotive Behavioural Therapy



Client Groups: Adults 18 – 60, Older Adults 60+, Adolescents 13 – 17, Family Groups, Group Therapy, Refugees/Asylum Seekers, Reduced fee therapy available to students who are undertaking a recognised counselling/psychotherapy training course.

Home visits available within a 50 mile radius.

Treatment Areas: Alcohol & substance misuse, Anger Issues, Aspergers Syndrome, Anxiety/Panic, Self-Harm, Occupational Issues, Depression, Trauma, PTSD, Bipolar Disorder, Obsessive compulsive, Personality Disorder

Fees: available on Request:

YORKSHIRE

NAME: DONALD McKNIGHT AREBT ACCREDITED, UKCP REGISTERED

Tel: 07946210102

Email: Ddonaldmcknight@aol.co.uk

Client groups: Adults 18-60, Older adults 60+, Couples, Home visits

Treatment areas: Depression, PTSD, Trauma, Anxiety, Anger, Relationships, Phobias

Fees: On request

WILTSHIRE

NAME: IAN WONNACOTT AREBT ACCREDITED, UKCP REGISTERED

I also use Mindfulness and Schema Focussed therapy.

Tel: 01793485786

Email: iwonnacott@yahoo.co.uk

Client Groups: Adults 18 – 60, Older Adults 60+,

NHS REFERRALS ONLY plus reduced fee access to therapy for students undertaking a recognized training course in counselling/psychotherapy.

Treatment Areas: Psychosis/Schizophrenia, Anger Issues, Relationships, Anxiety/Panic, Bipolar Disorder, Occupational Issues, Depression, Trauma, PTSD Stress, Workplace Counselling (employment difficulties)

NEW ZEALAND

Hastings, NZ

NAME: WAYNE FROGGATT FAREBT AEI ACCREDITED SUPERVISOR

Association for Rational Emotive Behavioural Therapy



New Zealand Centre for REBT www.rational.org.nz

Email: admin@rational.org.nz

Treatment Areas: Anxiety management
