

COUNSELLING AND PSYCHOTHERAPY

for recovery & growth

Kingston-upon-Thames (London)

New Malden (Surrey)

Pierre Cachia CPsychol

BPsy (Hons), MPsy(Couns), Dip.GPTIM, Dip.Supervision

Counselling Psychologist and Psychotherapist



The
British
Psychological
Society

Chartered Psychologist



Registrant

Counselling and psychotherapy are likely to be useful if you are currently experiencing:

- Depression or disabling sadness
- Anxiety
- Obsessional thoughts
- The after-effects of trauma
- Feelings of loss
- Feelings of emptiness
- Dissatisfaction with an aspect of your behaviour
- Dissatisfaction with your current way of being male or female
- Marital difficulties
- Other relational difficulties

Or if you desire to:

- Gain a better understanding of yourself
- Explore some aspect of yourself that is not yet fully expressed
- Discover a sense of meaning and purpose
- Improve the quality of your relationships with important persons in your life
- Gain a greater understanding of your capacity to be a father or mother
- Review your lifestyle to improve the general quality of your life

I organise a number of groups aimed at personal growth or specific life issues. Information about these activities will be posted on my website: www.surreypsychotherapy.org.uk

I am a Chartered Counselling Psychologist and also registered as a Psychotherapist with the United Kingdom Council for Psychotherapy (UKCP) and the European Association for Psychotherapy (EAP). I am experienced in assisting adults and adolescents as well as couples and families.

I firmly believe that psychotherapy and counselling can facilitate recovery when challenging life situations, psychological or relational problems impair our daily living or erode our happiness. Therapy also promotes growth for individuals and couples who desire further personal development. These two processes, which I call Recovery & Growth, are two complimentary positive effects of the so called "talking cure".

My training includes a Masters degree in counselling psychology, a diploma in gestalt psychotherapy and the equivalent of a post-graduate diploma in systemic psychotherapy (family therapy). I am currently following a doctoral programme in psychoanalytical psychotherapy with a special focus on couple relationships. My experience allows me to offer a holistic approach to psychological treatment. I provide both short-term focused counselling as well as longer-term psychotherapy according to the specific needs and goals identified for oneself.

I respect client confidentiality scrupulously and I am positive about diversity whatever your creed, sexual orientation, life stage or lifestyle.

If you would like to make further inquiry, please contact me on mobile number **0789 129 2083** or through e-mail at info@surreypsychotherapy.org.uk. Your call will be answered personally. If I am unavailable, please leave your name and phone number and I will call you back. Further details are available through my website at: www.surreypsychotherapy.org.uk.