

We can help with

- Anxiety, stress and panic attacks
- Bereavement
- Child behavioural, educational or emotional issues
- Concerns about parenting
- Depression
- Difficulties with life transitions
- Early dementia or depression in later life
- Eating disorders
- Emotional or relationship concerns
- Family or couple problems
- Health or disability concerns
- Low self esteem
- Obsessional disorders
- Phobias
- Post-traumatic stress
- Pre- and post-natal depression
- Sexual difficulties
- Work-related concerns

Independent Psychology Service

Help with finding a qualified and experienced therapist to suit you and your problems

CBT, Psychotherapy, Counselling,
Psychological Assessments and Psychiatric
Consultation

- For adults, children, couples, families
- Daytime and evening appointments
- No waiting lists
- Competitive fees
- Therapists registered with Medical Insurers

For more information

Tel: 020 8883 9685

ips@ipsnetwork.co.uk

www.independentpsychologyservice.co.uk

Admin office:

7 Lansdowne Road, London N10 2AX

Clinical Director:

Michele Roitt MSc C Psychol BPC IPA

Clinical Psychologist and Psychoanalyst

Clinical Associates:

Katherine Fine MBA BAP BPC

Psychoanalytic Psychotherapist

Barbara Pearlman BA DipClinPsych C Psychol PhD

Clinical Psychologist



A network of London-based
Psychologists, Psychiatrists
and Psychotherapists

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We offer...

Help finding a therapist

An initial interview helps us think together about your concerns so that we can recommend an approach to therapy and a therapist to suit you and your problems.

Therapies

- Cognitive Analytic Therapy (CAT)
- Cognitive Behavioural Therapy (CBT)
- Counselling
- Dynamic Interpersonal Therapy (DIT)
- EMDR
- Integrative and Systemic Therapy
- Mentalization-Based Training
- Mindfulness
- Psychiatric Consultation
- Psychoanalysis
- Psychoanalytic Psychotherapy

Psychological Assessments

- Educational and Neuro-Psychological Assessments
- Expert Witness Reports

For

Adults, children, couples, families and groups, with a wide range of psychological, emotional and relationship problems.

Who we are

Established in 1989, IPS is a network of over **60 highly qualified and experienced professionals** in private practice across London. We are all regulated by our respective professional bodies.

The IPS network includes:

- Psychologists
 - Clinical (adult, child, neuro-)
 - Counselling
 - Educational
 - Expert witnesses
- Adult and Child Psychotherapists
- Psychoanalysts
- Family, Couple and Sex Therapists
- Counsellors
- Consultant Psychiatrists

Specialist Services

We have multi-disciplinary teams with expertise in particular areas:

Facing Parenthood

Help with the emotional challenges of planning a family; infertility; and anxiety, depression or relationship difficulties linked to pregnancy, birth and parenting from infancy to adulthood.

Couples In Crisis

For couples and individuals facing relationship problems or marital breakdown.

Child and Family

Help for children with emotional, developmental, educational or behavioural problems and their families.

Eating Disorders

Individual, family and group therapy for bulimia nervosa, compulsive eating and recovering anorexia nervosa.

Ageing Issues

Help for people facing depression or memory loss in later life and support for families.

Transitions

6 consultation sessions to help with life changes: marriage; birth; divorce; redundancy; retirement; bereavement.

Medico-Legal

Family or work conflict; expert witness reports; trauma assessment and treatment.

Training and Consultancy

Courses and consultancy for GPs and lawyers.