



# Get a Head Start - Make Sure you are Keeping the Balance

We all know that being physically ill makes us function poorly, and spoils our quality of life. Exactly the same is true for psychological difficulties, but it is not always easy to get a clear idea of the dividing line between simply being under pressure, and actually beginning to be unwell.

If you were in any doubt about your physical fitness, you might choose to go to a trainer for an assessment, or even go to your doctor for a check up.

It is, however, possible to do something similar to make sure that you are at your best from a psychological point of view.

At PPCS Ltd, we have over 30 years professional experience in the assessment of psychological health, and the manage-

ment and treatment of psychological concerns, whether stress induced or otherwise. We have developed a sensitive and reliable measure of psychological well-being which can be carried out in the form of a simple computer based assessment, taking about 1 hour to complete, which can be trusted to give a valid picture of an individual's current psychological status.

If it emerges that you (or your patient) is not at their best, an appointment can be

arranged personally to find ways of improving the situation with PPCS experts in the field.

PPCS CPI services are led by Mr Anthony Bedford, Clinical Psychologist.

If you would like to arrange to take up this offer, please contact PPCS direct on **020 7935 0640**, or by email to: [info@ppcltd.co.uk](mailto:info@ppcltd.co.uk).

## Pain Management

**At PPCS we understand that although pain is the main presentation, the goal is to get our client back to a normal productive life – both at home and at work.**

The PPCS Pain Clinic offers a holistic approach to pain management with a tailored approach that enables you to get back to a normal, productive life.

PPCS is committed to utilizing a multi-disciplinary and multidimensional approach. An initial assessment will focus on pain symptoms and signs and how these are impacting on the quality of life.

We will use the expertise of Dr Jonathan Stewart, Consultant in Pain Relief (an Anaesthetist with membership of British Pain Society and Fellowship of Royal College of Anaesthetists) with associated professionals including Consultant Psychiatrists, Psychologists, Physiotherapists, Dietitians and Acupuncturists.

The management will include:

- 1. Pharmacological** – a review of pain medication to ensure a balance between optimal pain relief and minimal side effects

- 2. Physical assessment** – to quantify impact of pain on function and formulate a plan to address any barriers to undertaking normal daily life activities

- 3. Psychological** – an assessment of the client to identify approaches/tools to increase resilience and coping skills that can be utilised to expedite and maintain mental health and then we may refer you to:

*Dietitian* – Consultation with an expert Dietitian will help discover which foods may be part of the problem or part of the solution. After an appropriate programme is identified, the Dietitian can implement bespoke eating plans designed to manage weight, improve health and alleviate pain.

*Physiotherapy and Acupuncturists* – an assessment and treatment by Physiotherapists and focussed on restoring the body back to functioning through the use of a wide range of hands-on skills, rehabilitative exercises, relaxation and acupuncture.

The treatment pathway includes an initial assessment, investigations (including X-ray and MRI if required) followed by a tailored plan with a stepwise out-patient approach.

We believe that management of our clients is best done in the community, but with a support programme provided by PPCS. Our clinic will utilise technologies to monitor progress including web/telephone consultations, text messaging and email.

With a focus by the UK government on ensuring we reduce incapacity due to chronic ill-health we believe PPCS innovative approach will provide our clients with an effective and inspiring programme to ultimately optimise well being and ensure a productive and balanced quality of life.

Please contact PPCS on **020 7935 0640** to make an appointment with: Dr Jonathan Stewart, Consultant in Pain Relief; Linia Patel, Dietitian; Victor St Ange, Physiotherapist.

## Medico-Legal Assessments and Expert Witness Testimony

PPCS clinicians have many years engaged in providing 'Expert Witness Testimony' for forensic and medico-legal assessments as well as specialist clinical and neuro-psychologists witness reports and testimony in appropriate cases.

Whether after a spinal injury, a head and/or brain injury, the immediate priority is to ensure appropriate support – be that physical, emotional, practical or financial.

Psychiatric and psychological problems relating to physical disease and trauma, depression, anxiety disorders, post traumatic stress disorder (PTSD), as well as clinical negligence can be assessed and treated at PPCS.

We regularly undertake

- Forensic assessments
- Medico-Legal Assessments including personal injury (assessment and treatment), brain injury, disability discrimination work, neuro-psychiatry and neuro-psychology etc assessments on children. Our Child Psychiatrists can undertake assessments of parenting

capacity, taking into consideration the mental health state of both the child and the parents and this may be used for child protection services and

- Clinical and Neuro-Psychological Expert Witness Testimony
- Treatment for claimants for a wide range of issues and difficulties. PPCS is a registered and accredited provider with the Care Quality Commission (CQC) ensuring appropriate care is delivered by a professional with specific and relevant expertise which may involve CBT, psychotherapy, integrative therapy, psychodynamic therapy and psychiatric care and so on.

PPCS expert witnesses undertake regular CPD to ensure that they are kept up to date in their areas of expertise as well as receive training for courtroom and report writing.

If you are a legal firm wishing to engage the services of one of our Expert Witnesses, for 'complex cases' these are costed on a fee per hour bases. For 'non complex' cases some of our experts will work on a fixed fee basis.

For further information on PPCS's expert witnesses testimony for forensic, medical legal assessments and psychological experts please contact PPCS on **020 7935 0640**, email [info@ppcsLtd.co.uk](mailto:info@ppcsLtd.co.uk) or alternatively visit [www.ppcsltd.co.uk](http://www.ppcsltd.co.uk) for a copy of the downloadable brochure and clinicians listing.

# The ARTS Clinic

The Arts Clinic is a unique clinic within PPCS dedicated to promoting and developing the well-being and full creative potential of those in the arts and creative industries.

We work closely with major and minor players in the entertainment, media and sports industries; with executives, management, agents, and with high profile musicians, actors, TV personalities and sports celebrities.

We offer a comprehensive range of services in:

- Treatment
- Training
- Creative Development and Mentoring
- Specialised Consultancy

Our unique approach, links creativity with productivity and takes account of a world where creativity must co-exist with commercial imperatives, where business must accommodate personality, and where the stakes are high and often played out in the glare of publicity.

Knowing the territory, all of our work is carried out in the strictest confidence and with absolute discretion.

Whether you, your company or department is facing a particular difficulty – such as stress, communication breakdown, burn out, or loss of direction – or perhaps you just want to improve and expand on what you've already achieved, our role is to support and enhance your work.

The ARTS Clinic is the vision of Psychological Counsellor and recording artist, Sandie Shaw. All our consultants not only have wide range of professional clinical qualifications, but also relevant knowledge in entertainment, media or sports.

This unique blend of experience provides the ideal fit for the creative industries. We already understand the background,

and can focus in on your requirement immediately.

Whatever the problem – The ARTS Clinic provides a solution. Please contact Matthew Irving, Lead Clinician on **020 7935 0640** for further information.

## New Liaison Psychiatry Service

PPCS has launched its new 'Liaison Psychiatry Service' led by Dr Michael Bourke, Consultant Psychiatrist with over twenty years experience of working in general hospitals providing a Liaison Psychiatry Service.

This new service is available to Out-patients at 14 Devonshire Place and In-patients of hospitals and clinics within a 5 mile radius of PPCS.

As a relatively new sub speciality, it is now recognised as increasingly desirable in clinicians' efforts to provide a quality of care or holistic approach for patients compromised by emotional reactions to physical illness. Oncology, Orthopaedics, Cardiology and Gastroenterology, being some areas of note.

The converse also applies, where psychological reactions present as somatic illness and if unrecognised can result in costly investigations and bring the patient ever deeper into somatic anxieties. Chest pain of non-cardiac origin, Abdominal pain

of Psychological origin, Neuropathic pain, Eating Disorders and Fatigue syndromes being examples.

Early recognition and early intervention is possible. In addition to providing the initial assessment, PPCS will individualise a treatment programme and liaise with the treating Physician or Surgeon.

Please contact PPCS at: 14 Devonshire Place, London W1G 6HX or email [info@ppcsLtd.co.uk](mailto:info@ppcsLtd.co.uk) for further information.

For an appointment with Dr Michael Bourke, Consultant Psychiatrist, please call **020 7935 0640**.

## Eating Mindfully: Bite-size Therapy

PPCS has launched a series of 'Eating Mindfully Workshops' which present a simple, straightforward opportunity for anyone who is struggling with chronic dieting, weight control, and psychological stress due to mindless eating.

The programme provides an opportunity to explore the balance between individuals relationship to food, eating, and body through mindfulness and takes a close look at behavior and understanding the whys, whats' and whens. Providing this insight will inspire the change needed to get back into control, balancing food life and daily living.

The aims of these workshops are:

- To improve mood
- To reduce binge and emotional eating
- To increase self-esteem
- To identify and overcome barriers to weight loss
- To promote mindfulness skills needed for effective weight maintenance
- To develop effective coping strategies for dealing with interpersonal stressors

Workshop content:

- Comprehensive food, mood and activity monitoring
- Mindful eating strategies
- Motivational work
- Promotion of psychological and personal change

Group Facilitators:

- Dr. Anu Sayal-Bennett, Consultant Clinical Psychologist
- Linia Patel, Consultant Dietitian

Dr Sayal-Bennett, a Clinical Psychologist and Miss Patel, a registered Dietitian together are running workshops.

Please contact PPCS for further information or to be booked into one of the monthly workshops.



PSYCHIATRIC & PSYCHOLOGICAL  
CONSULTANT SERVICES

PPCS is an independent clinic and a registered provider with the Care Quality Commission (CQC) for assessment and treatment in psychiatry, psychology and allied disciplines.