Psychiatric & Psychological Consultant Services
Due to the coronavirus disease 2019 (COVID-19), clinicians and health systems worldwide are being encouraged to adopt virtualised treatment approaches.

At PPCS, we are happy to work with you so that you can access services. We can offer a range of communication options depending on your preference including:

**IT platforms:** Zoom, Micosoft Teams, Google Meet as well as Telephone, Skype and WhatsApp

The majority of the work undertaken by PPCS is now online, although the capacity exists for face-to-face consultations as and when possible, within the restrictions imposed by COVID-19.
Welcome to PPCS

Psychiatric and Psychological Consultant Services (PPCS) is an independent clinic and a registered provider with the Care Quality Commission (CQC). We have over 30 years’ professional experience providing assessment and treatment for adults, adolescents, children and the elderly suffering from a range of psychiatric and psychological difficulties.

Our range of clinicians includes consultant psychiatrists (specialists in general, adult, old age and child and adolescent psychiatry), clinical and counselling psychologists, neuropsychologists, specialist therapists and allied professionals.

All Psychiatrists are registered with the General Medical Council (GMC) and listed on the Specialist Register. All Psychologists are registered with the Health & Care Professions Council (HCPC) and chartered with the British Psychological Society (BPS). All Counsellors are registered with the BACP (British Association for Counselling and Psychotherapy) or UKCP.

General Enquiries
For further information or assistance please contact us:

PPCS
85 Great Portland Street
London W1W 7LT
T 020 7935 0640

reception@ppcslimited.co.uk
www.ppcsltd.co.uk

Referrals are accepted from a variety of sources, including General Practitioners, Physicians, Psychiatrists, Solicitors, Occupational Health and Human Resources departments, or by self-referral. Referrals may also be made directly to PPCS by Consultant Psychiatrists wishing to maintain ongoing responsibility for their patient(s), or alternatively, if required, to one of the Consultant Psychiatrists at PPCS via the Medical Director.
Assessment & Treatment

At PPCS we undertake assessment and treatment of a wide range of issues and difficulties including:

Anxiety Disorders • Acquired Brain Injury • Child & Adolescent Emotional Behaviour Difficulties • Dementia Syndromes and Functional Disorders • Depression/Mood Disorders • Dissociative Disorders • Eating Disorders • Fertility • Forensic/Medicolegal (Expert Witness Testimony) • Neurodevelopmental Disorders • Perinatal Disorders • Personality Disorders • Psychotic Disorders • Relationship Difficulties • Sexual Disorders • Sleep-Wake Disorders • Substance Misuse/Addictions

Assessment Type
Computerised Psychological Health Screening
Cognitive
Educational and Developmental
Fit for Purpose
Forensic
Independent Medical Examination
Intellectual
Medicolegal
Neuropsychological
Occupational
Pain Management
Personal Injury
Personality
Pre-Employment
Psychosexual
Psychological
Psychiatric
Second Opinion
Standard Psychometric Testing

Routine Treatment Approaches
Acceptance and Commitment Therapy
Anger Management
Coaching (Life Coaching)
Brief Psychodynamic Therapy
Cognitive Analytic Therapy (CAT)
Cognitive Behavioural Therapy (CBT) (Individual & Group)
Compassion Focused Therapy
Confidence Building
Couples Therapy/Marital Therapy
Dialectical Behavioural Therapy (DBT)
Enhanced Thinking Skills (ETS)
Eye Movement Desensitisation and Reprocessing (EMDR)
Existential Therapy
Family Therapy
Group Analysis
Humanistic (person-centered)
Hypnotherapy
Integrative Therapy
Interpersonal Therapy
Memory Rehabilitation
Mindfulness
Narrative Therapy
Pain Management
Person-Centered Therapy
Psychodynamic Approaches
Psychosexual Assessments
Psychotherapy: Art, Body Centered, Individual, Integrative, Interpersonal Group, Family Rational Emotive
Behavioural Therapy
Return to Work Programme
Risk Assessments
Schema Therapy
Solution Focused
Stress Management
Systemic Therapy
Our Specialists

Psychiatrists

Dr. Saad Al-Khalaf
Consultant Psychiatrist
Qualifications: FRCPsych, MBCHB, DPM, DipPsych
Expertise: Old Age Psychiatry • Acute General Psychiatry
Specialities: Psychiatry of Older Adults • Mood Disorder • Resistant Depression • Cognitive Impairment • Dementia
Past Appointments: Consultant Psychiatrist, Surrey & Border NHS Trust
Languages: Arabic • French

Dr Jyoti Chhabria
Consultant Psychiatrist
Qualifications: MBBS, DNB(Psych), MRCPsych CCT General Adult Psychiatry
Psychotherapy
Expertise: General Adult Psychiatry • Psychotherapy
Specialities: Anxiety • Depression • Mood Disorders • Stress • Trauma • Post Traumatic Stress Disorder • Psychosis • Personality Disorders
Past Appointment: Consultant Psychiatrist, B EH MH Trust
Other Posts Held: Specialist Advisor in Mental Health, Care Quality Commission (CQC)

Dr. David Foreman
Consultant Child and Family Psychiatrist
Qualifications: MB, ChB, MSc, FRCPsych, FRCPCH
Expertise: General Child and Adolescent Psychiatry, including Neuropsychiatry and Neurodisability Psychiatry of preschool children and infancy • Children of Parents Under Stress • Child and Adolescent Psychopharmacology • Complex Psychiatric Assessments • Preparation of Medicolegal Reports in Civil and Criminal Cases • Second Opinion Service • Telemedicine and Remote Medical Management
Specialities: Children with Multiple Comorbidities • Sequelae of Neurodisability, including Acquired Neurodisability • ADHD and Autism • Child Problems Arising in the Early Years • Impact of Divorce on Children • Impact of Parental Mental Health on Child Development
Past and Current Appointments: Visiting Professor, Royal Holloway University of London, Consultant in Child and Adolescent Psychiatry, Isle of Man Government, Co-opted Member, Royal College of Psychiatrists Faculty of Child and Adolescent Psychiatry & Faculty of Perinatal Psychiatry, Medical Member, Isle of Man Mental Health Review Tribunal and Social Care Review Tribunal.
Psychiatrists (continued)

Dr. Paul Foster
Consultant Psychiatrist
Qualifications: MRCPsych, CCST Psychiatry, MB BS
Expertise: General Adult Psychiatry
Specialities: General Mental Health Issues • Enduring Mental Illness • Psychotherapy • Psychosis
Current NHS Post: Consultant Psychiatrist, Edgeware Community, BEH Mental Health NHS Trust

Dr Daniel Kaitiff
Consultant Psychiatrist
Qualifications: MBCHB/MRCPsych 1st part Dip. FM
Expertise: Medico legal, General Adult Psychiatry • Older Adult Psychiatry
Specialities: Depression/Anxiety • Adult ADHD • Dementia and Cognitive Disorders • Schizophrenia • Bipolar • Gambling
Past Appointments: NHS Consultant Posts, Older Adult Psychiatry and Liaison Psychiatry End of life Care lead
Current NHS Post: General Adult Psychiatry Pennine FT
Previous Positions: Liaison Psychiatry (Pennine FT) and Older Adult Psychiatry (NEL FT)

Dr Spyros Karvounis
Consultant Psychiatrist
Qualifications: MD, MRCPsych
Expertise: General Adult Psychiatry • Jungian Psychoanalysis • Cognitive Analytic Therapy
Specialities: Psychotherapy • Psychoanalysis
Past Appointments: Consultant Psychiatrist and Associate Medical Director BEH NHS Trust
Languages: Greek

Dr Mukesh Kripalani
Consultant Psychiatrist
Qualifications: MBBS, MD, FRCPsych, S12(2) AC
Expertise: Adult and Liaison Psychiatry
Specialities: Bipolar Affective Disorder • Anxiety • Depression • Adult ADD/ADHD • Psychosis • Personality Disorders • Women’s Mental Health • Recovery and Rehabilitation Psychiatry
Past Appointments: Consultant Adult Psychiatrist C &I NHS Trust, BEH NHS Trust
Other Posts Held: Specialist advisor to the Care Quality Commission (CQC) since 2014
Regional Representative for the Royal College of Psychiatrists, General and Community Faculty, North East & Central London 2015-2019
Associate Editor of Current Psychopharmacology 2018
Member of British Association of Psychopharmacology 2019
Psychiatrists (continued)

Dr. Jona Lewin  
*Consultant Psychiatrist*  
*Qualifications:* MD Munich, MPhil London, FRCPsych  
*Expertise:* General Adult Psychiatry  
*Specialities:* Mood Disorders • Anxiety Disorders • PTSD • OCD • Perinatal Psychiatry.  
*Current NHS Post:* Consultant Psychiatrist, CNWL Foundation Trust, Brent Assessment and Brief Treatment Team and Coombe Wood Perinatal Service  
*Languages:* German

Professor Anthony Maden  
*Consultant Forensic Psychiatrist*  
*Qualifications:* FRCPsych, MBBS, MD  
*Expertise:* Forensic Psychiatry  
*Specialities:* PTSD • Medical Negligence • Employment Tribunals • Adult Consequences of Childhood Sexual Abuse • Personality Disorders  
*Current Appointments:* Emeritus Professor of Forensic Psychiatry at Imperial College London. Jointly appointed expert to the Jersey Historic Abuse Redress Scheme

Dr. Jason Maratos  
*Consultant Child & Adolescent Psychiatrist*  
*Qualifications:* DPM, MPhil, MInstGA, FRCPsych  
*Expertise:* Child & Adolescent Psychiatry • Psychotherapy • Family Therapy  
*Specialities:* Emotional & Behavioural Difficulties of Children and Adolescents • Attention Deficit (Hyperactivity) Disorders • Psychosomatic Disorders • Group Analysis • Medico-Legal • Trauma  
*Previous Appointments:* NHS Consultant since 1980  
*Languages:* Greek

Dr. Maria Papanastassiou  
*Consultant Psychiatrist*  
*Qualifications:* MRCPsych, MSc. Dip Psychoanalytic Psychotherapy  
*Expertise:* General Adult Psychiatry  
*Specialities:* PTSD • Personality Disorders Group Analysis • Psychotherapy • Medico-Legia • Anxiety • Depression • Schizophrenia  
*Current NHS Post:* Adult Psychiatrist at NHS NELFT, awarded 6 clinical excellence awards  
*Languages:* Greek
Psychiatrists (continued)

Dr. Maja Ranger
*Consultant Psychiatrist*
Qualifications: MD, MRCPsych
Expertise: General Adult Psychiatry • Rehabilitation Psychiatry
Specialities: Mood Disorders • Anxiety • OCD • Depression • Psychosis • Schizophrenia • Personality Disorder • Stress Reaction • PTSD
Current NHS Post: Consultant Psychiatrist CNWL NHS Foundation Trust
Languages: Serbo-Croat

Dr. Gavin Tennent
*Consultant Psychiatrist & Medical Director PPCS*
Qualifications: MA, DPM, DM, MRCPsych, FRCPsych, Dip Criminal
Expertise: Forensic Psychiatry • General Psychiatry
Specialities: Depression • Anxiety • Medico-Legal • Personal Injury • Episodic Dyscontrol • Neuropsychiatry

Dr. Padraig Wright
*Consultant Psychiatrist*
Expertise: General Psychiatry • Neuropsychiatry • Employment Psychiatry
Specialities: Psychopharmacology • Medico-Legal (personal injury) • Adult ADHD • Injury at Work • Employment Discrimination
Psychologists

Ms. Tamara Cilliers
Chartered Clinical Psychologist, BABCP Accredited Cognitive Behavioural Therapist and Director of Psychology PPCS

Qualifications/Registrations: British Psychological Society (BPS); Health and Care Professions Council (HCPC); British Association of Behavioural and Cognitive Psychotherapies (BABCP)

Expertise: Anxiety and mood disorders • severe and enduring mental illness • interpersonal and relational difficulties • self harm • distress tolerance • anger

Current NHS Post: Academic role as a Clinical Psychologist and Course Tutor within Central and North West London NHS Mental Health Trust (CNWL) CBT Training Programme. Ms. Cilliers is passionate about promoting, improving and training clinicians in evidence based psychological therapies

Past NHS Roles: Ms. Cilliers has worked clinically within the NHS for over 20 years, within secondary care psychology services and community mental health teams

Dr. Alessandra De Acutis
Chartered Psychologist, Counselling Psychologist

Qualifications: BSc, Dr Psychotherapeutic & Counselling Psychology, HCPC, BPS, Certified Business/Life Coach

Expertise: Severe and Enduring Mental Health problems (inpatients + outpatients) • Trauma • Psychosis • Bipolar Affective Disorder • Depression • Anxiety • Addictions • Stress Management • Individual and Group treatment for Borderline Personality Disorders • Family Work

Specialities: Anxiety • Depression • Psychosis • Severe Mental Health difficulties including Psychosis • work-related stress • life coaching • business coaching • team coaching • the role of spirituality, religion and personal philosophy in therapy, wellbeing and recovery from mental health problems

Previous posts: GP practice (NHS) Eating Disorders Charity (BEAT), Psychodynamic Psychotherapy Outpatients Clinic (NHS); Inpatient Acute Mental Health Ward (NHS); Community Mental Health Team (NHS)

Languages: Italian

Mr. Daniel Friedland
Chartered Psychologist, Clinical Psychologist & Consultant Neuropsychologist

Qualifications: MA C.Psychol BPS and HCPC Registered, Full Practitioner Member of the Division of Neuropsychology

Expertise: Neurorehabilitation • Cognitive Assessments

Specialities: Acquired Brain Injury • Traumatic Brain Injury • Neuropsychology • Hypoxic/Anoxic Brain Injury • Infections • Strokes

Current NHS Post: Acquired Brain Injury Team, Hertfordshire
Psychologists (continued)

Mrs. Julie Henry  
*Chartered Psychologist, Counselling Psychologist*  
*Qualifications:* BSc (Hons), MSc, PGDip Psych, BPS Full Member Division of Counselling Psychology  
*Expertise:* Integrative Relational Model • Working with Adults and Young Adults also Focusing on the Therapist-Client Relationship  
*Specialities:* Relationship Difficulties • Personality Development • Social and Communicative Functioning • Depression • Stress • Anxiety • Self-Esteem and Confidence building • Work Related Issues • Bullying • Burn-out and the Perfectionist Model • Trauma and PTSD • Bereavement and Loss  
*Previous Appointments:* NHS (Secondary Care), over 18 years of private and public sector work

Dr. Maria Papastergiou  
*Chartered Psychologist, Clinical Psychologist*  
*Qualifications:* BA, BSW, MSc, D.Clin.Psy. HCPC Registered, Member of the BPS Division of Clinical Psychology & Faculty of the Psychology of Older Adults, Member of the UKPTS  
*Expertise:* Clinical Psychology in Adult Mental Health • Cognitive Behavioural Therapy • Individual & group • Assessment, Formulation and treatment  
*Specialities:* Anxiety and Affective Disorders • Work-related difficulties & stress issues • Adjustment disorder • Trauma and loss • Psychosis • Integrative therapy incorporating third wave psychological approaches, including mindfulness & compassion-focused work, for person-centered and individualised psychological intervention  
*Current NHS post:* CBT Specialist Psychologist in Secondary Care  
*Languages:* Greek, French, Spanish
Psychologists (continued)

Ms. Sandra Stamos
Chartered Psychologist, Counselling Psychologist

Qualifications: BSc (Psych), Post. Grad. Dip. (Couns), CPsychol. Chartered with the British Psychological Society (BPS) and registered with the Health and Care Professions Council (HCPC)

Expertise: Counselling psychology • Integrative psychology • Psychodynamic therapy • Forensic psychology and assessment • Cognitive and Intellectual Assessment • Personality Assessment. Rorschach Techniques • Autism diagnosis • CBT • Mindfulness and Relaxation

Specialties: Adult & Family Mental Health • Stress • Depression • Anxiety • Autism • Trauma • Bereavement • Anger • Psychosis • Relationship Difficulties • Parenting • Family work • Bipolar Affective Disorder • Harm reduction and substance use • Offending behaviour • OCD • Abuse • Eating Disorders • Fertility issues

Previous and Current Appointments: 22 years experience as a qualified Psychologist, 10 years working with child and family services and young offenders, 11 years as a Senior Psychologist in care and mental health industry

Languages: Greek

Dr. Barbara Stevens
Chartered Psychologist, Clinical Psychologist

Qualifications: BA (Hons), PhD, DipClin Psych, AFBPsS BPS and HCPC Registered

Expertise: Cognitive Behaviour Therapy for Depression • Anxiety • Obsessive Compulsive Disorders • Drug and Alcohol Dependency • Eating Disorders • Work Related Stress

Specialties: Psychological Treatment of Post-Traumatic Stress Disorder, including reactions to early trauma, accident and combat stress in military veterans

Other Expertise: Neuro-psychological evaluations of learning disabilities in adults and dementia including assessment of social functioning

Previous Appointments: NHS 1983-2002 Consultant Forensic and Clinical Psychologist, Runwell Hospital, Medium Secure Unit, Essex
Psychologists (continued)

Dr. Ruth Weiner
Chartered Psychologist, Clinical Psychologist

Qualifications: BA (Hons) Psychology, D.Clin Psych, C.Psych. Registered with BPS and HCPC

Expertise: Cognitive Behavioural Therapy (CBT) • Eye Movement Desensitisation Reprocessing (EMDR) • Solution-Focused Therapy • Acceptance and Commitment Therapy (ACT) Trauma Focused Therapy

Specialities: Long Term Health Conditions including Chronic Pain • Chronic Fatigue • Cancer and Obesity • Emotional Difficulties in the Perinatal Period and Parenting Issues • Infertility • Coping with IVF • Managing Transitions • Work-related Stress • Anxiety and Mood Disorders • Panic Phobias and Trauma • Depression • Bereavement

Previous Appointments: Deputy Clinical Lead, Newham Talking Therapies, East London Foundation Trust, Deputy Lead for Clinical Health Psychology, 17 years working in primary care and acute medical hospitals providing assessment/treatment. Over 18 years supervising/managing clinical and counselling psychologists and training / supervising trainee psychologists

Current Post: Clinical Psychologist in Long Term Conditions (Cardiac Services and Respiratory Care) Oxleas NHS Trust
Psychotherapists

Dr. Voytek Rogowski

Psychotherapist

Qualifications: Dip CPP Professional Psychotherapy UKPC, HCPC Registered

Expertise: Individual Transpersonal • Psychodynamic • CBT • Mentalization Therapy • Relationships • Trauma (EMDR).

Specialities: Post Traumatic Stress Disorder • Couples’ Issues (Separation and Divorce) • Anxiety • Depression • Addictions (including pornography and drugs) • Sexual Abuse and Childhood Trauma • Domestic Violence • Mental Health and Learning Disability Issues • Bereavement and Loss

Languages: Polish

Dietician

Ms. Linia Patel

Registered Dietitian

Qualifications: MSc Nutrition, BSc (Hons) Nutrition & Dietetics, BSc Biochemistry & Physiology

Expertise: Weight Management • Digestive Health • Women’s Health • Chronic Diseases of Lifestyle • Sports Nutrition • Vegetarian Diets • Children’s Nutrition • Sport Specific Nutrition • Corporate Service Nutritionist • Nutrition Education

Specialities: Diabetes • Coronary Heart Disease • High Blood Pressure • PMS • Menopause • Polycystic Ovary Syndrome • Digestive Health • IBS • Food Intolerances • Corporate Wellness and Nutrition • Nutrition in Stress • Sports Nutrition (performance, underperformance, stress, burnout & injury)

Current NHS post: Specialist Primary Care Dietitian
Fees

The fee guide below gives hourly rates for individual assessment and treatment.

The fee is for up to one hour in the first instance, with follow-up appointments at pro rata rates:

Consultant Psychiatrist:  
£350 - £550 per hour

Chartered Psychologist: (Clinical or Counselling)  
£150 - £250 per hour

Accredited Counsellor:  
£105 - £135 per hour

Medico-legal assessments are calculated on an individual basis, dependent upon the nature of the work involved at  
£540 per hour

Independent Medical Examinations start at £900 but may cost up to £2500 dependent upon the circumstances of the case.

Private medical insurance policies vary widely. Some specify a particular professional background, others a maximum fee.

Please ensure that you check your own policy for cover.

We can advise you about this, but only your Insurer can confirm details.

Please remember that although we will make every effort to assist you, you will be personally responsible for your fees at PPCS Limited, unless special arrangements have been made in advance for a third party to take responsibility for them.
# Hours

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<tr>
<th>Day</th>
<th>Opening</th>
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<tr>
<td>Monday to Friday</td>
<td>OPENING 09:00</td>
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<tr>
<td>Saturday</td>
<td>OPENING 09:00</td>
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<tr>
<td>Sunday</td>
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