



PSYCHIATRIC & PSYCHOLOGICAL  
CONSULTANT SERVICES



14 DEVONSHIRE PLACE

## 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  
14 Devonshire Place London W1G 6HX  
T 020 7935 0640  
F 020 7224 6256  
info@ppcsLtd.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 14 Devonshire Place via the Medical Director.

# ASSESSMENT AND 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
- Rorschach Techniques
- Schema Therapy
- Solution Focused
- Stress Management
- Systemic Therapy

# ASSESSMENT AND TREATMENT

## **Anxiety disorders**

Agoraphobia • Generalised Anxiety Disorder  
• Health Anxiety • Hoarding Disorder  
• Obsessive Compulsive Disorder (OCD)  
• Panic Disorder • Performance Anxiety • Phobias  
• Post Traumatic Stress Disorder (PTSD) • Social Anxiety Disorder • Stress at Work • Substance Induced Anxiety Disorder

*Psychiatrists no.:* 2, 3, 4, 7, 9, 11, 12, 13, 14

*Psychologists no.:* 17, 18, 19, 20, 22, 23, 24, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 38, 39, 40, 42

## **Acquired Brain Injury**

Amnesia • Anoxic Brain Injury • Brain Tumours  
• Cerebrovascular Accident (CVA – Stroke)  
• Heart Attack • Hypoxic Brain Injury • Infections  
• Traumatic Brain Injury

*Psychiatrists no.:* 13, 15

*Psychologists no.:* 21, 22, 25, 26, 32, 35, 37

## **Child and Adolescent emotional, behavioural difficulties**

Child and Adolescent Psychiatry

*Psychiatrists no.:* 5, 10

## **Dementia Syndromes and Functional Disorders**

Old Age Psychiatry

*Psychiatrists no.:* 1

*Psychologists no.:* 16, 25, 26, 34

## **Depression / Mood Disorders**

Adjustment Issues • Affective Disorders  
• Bereavement and Loss • Bipolar • Burn-out  
• Chronic Depression • Depression • Loss of Meaning • Substance Induced Depression • Suicide  
• Terminal Illnesses • Work Related Depression.

*Psychiatrists no.:* 1, 2, 3, 4, 7, 9, 11, 12, 14

*Psychologists no.:* 17, 18, 19, 20, 22, 23, 24, 27, 28, 29, 30, 32, 33, 34, 35, 36

## **Dissociative Disorders**

Depersonalisation • Derealisation • Dissociative Amnesia /Dissociative Identity Disorder  
• Dissociative Symptoms in Anxiety Disorders  
• Mood Disorders • Neurodevelopmental Disorders • Substance Misuse

*Psychiatrists no.:* 1, 7, 9, 12, 14

*Psychologists no.:* 24, 34, 35

## **Eating Disorders**

Anorexia Nervosa • Binge Eating • Body Dysmorphic Disorder • Bulimia Nervosa  
• Digestive Health • Eating Disorders Not Otherwise Specified • Mindless Eating • Nutrition Education • Obesity • Weight Management

*Psychiatrists no.:* 3

*Psychologists no.:* 33, 34, 36

*Dietitian no.:* 43

## **Fertility**

Stress and Anxiety going through IVF  
• Bereavement and Loss • Sexual Difficulties  
• Coming to terms with Infertility and Childlessness • Donor Assisted Conception and implications • Attachment issues in the couple/with baby

*Psychiatrists no.:* 3

*Psychologists no.:* 24, 27, 33, 36

## **Forensic/Medicolegal (Expert Witness Testimony)**

Forensic & Medicolegal Assessments

*Psychiatrists no.:* 3, 4, 5, 6, 7, 8, 13, 15, 16

*Psychologists no.:* 17, 25, 26, 27, 31

## **Neurologica/Neurodevelopmental Disorders**

Alzheimer's • Amnesia • Attention Deficit Disorders (ADD) • Attention Deficit Hyperactivity Disorder (ADHD) • Autism Spectrum Disorders • Dementia • Down's Syndrome (Genetic Disorder) • Epilepsy • Intellectual Developmental Disorder • Learning Disabilities/Difficulties: Dyscalculia, Dyslexia, Speech Issues • Motor Disorders • Motor Neurone Disease • Multiple Sclerosis • Parkinson's Disease  
*Psychiatrists no.: 1, 2, 4, 5, 9, 10, 13, 15, 16*  
*Psychologists no.: 25, 26, 31, 34*

## **Personality Disorders**

Anti-social Personality • Avoidant Personality • Borderline Personality • Dependent Personality • Histrionic Personality • Narcissistic Personality • Neuroticism • Obsessive Compulsive Personality • Paranoid Personality • Schizoid Personality • Schizotypal Personality  
*Psychiatrists no.: 2, 6, 8, 11, 12*  
*Psychologists no.: 17, 20, 23, 24, 29, 32, 34*

**Perinatal Disorders** (mental health problems in pregnant and postnatal women) Depression, Anxiety, OCD and Psychosis in pregnant and postnatal women; pre-conception advice for women with mental health problems who are planning pregnancy.  
*Psychiatrists no.: 7, 11*  
*Psychologists no.: 22, 33, 36, 39*

## **Psychotic Disorders**

Delusion Disorder • Hallucinations • Schizophrenia • Schizotypal Personality Disorder.  
*Psychiatrists no.: 2, 6, 11*  
*Psychologists no.: 20, 23, 26, 29, 30*

## **Relationships**

Bullying • Couples Issues • Divorce • Family Relationships • Parental Mental Health  
*Psychiatrists no.: 10, 11*  
*Psychologists no.: 23, 24, 26, 28, 29, 31, 33, 35, 38, 40*

## **Sexual Disorders**

Delayed Ejaculation • Early Ejaculation • Erectile Dysfunction • Female Orgasmic Disorder • Hypoactive Sexual Desire • Loss of Interest in Sex • Paraphilia • Sexual Addiction • Sexual Compulsivity  
*Psychiatrists no.: 4, 6*  
*Psychologists no.: 27*

## **Sleep-Wake Disorders**

Chronic Fatigue • General Sleep Issues • Insomnia • Narcolepsy • Night Terrors • Sleep Apnea – Breathing-related Sleep Disorders  
*Psychiatrists no.: 3*  
*Psychologists no.: 34, 35*

## **Substance Misuse / Addictions**

Addictions • Alcohol Dependence • Caffeine • Cannabis • Cocaine • Drug Addiction • Gambling Addiction • Hallucinogen • Internet Addiction • Inhalant • Nicotine • Shopping Addiction  
*Psychiatrists no.: 3*  
*Psychologists no.: 31, 34*

*The above listing and content within the following categories is not exhaustive, please call PPCS should you be unsure of who to refer to and we will be happy to assist.*

# OUR SPECIALISTS

## PSYCHIATRISTS *(Psychologists page 7)*

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### **Dr. Saad Al-Khalaf**<sup>1</sup>

*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. Teresa Borrell**<sup>2</sup>

*Consultant Psychiatrist*

*Qualifications:* LMS, MRCPsych.

*Expertise:* General Adult Psychiatry.

*Specialities:* Serious & enduring mental health problems – severe depression, schizophrenia, bipolar illnesses & PTSD.

*Current post:* NELFT, Consultant in General Adult Psychiatry since 2000.

*Language:* Spanish.

### **Dr. Michael Bourke**<sup>3</sup>

*Consultant Psychiatrist*

*Qualifications:* FRCPsych (UK), FRCP (Canada), FCPsychI (Ireland).

*Expertise:* Liaison Psychiatry • General Psychiatry

*Specialities:* Anxiety • Depression • Eating

Disorders • Somatoform Disorders • OCD

• Psychosomatic Disorders • Medico-Legal

• Personal Injury • Trauma.

*Previous Appointments:* Consultant Psychiatrist, Blackrock Clinic and Adelaide Teaching Hospital & Medical Director Kylemore Clinic, Dublin, Ireland.

### **Dr. Kunal Choudhary**<sup>4</sup>

*Consultant Psychiatrist*

*Qualifications:* BMSc (Hons), MB/ChB, MRCPsych, MBA.

*Expertise:* General Adult Psychiatry

• Substance Misuse and Addiction Psychiatry

• Forensic Psychiatry.

*Specialities:* Bipolar Affective Disorder

• Anxiety • Depression • Adult ADD

• Schizophrenia • Psychosis • Personality

Disorders • Women's Mental Health

• Recovery and Rehabilitation Psychiatry

Medico-legal: Family Law • Criminal Law

• Civil Law • Immigration Law • Capacity

Certification • extensive experience of giving evidence in Court / Tribunals / Parole Boards.

*Previous Posts:* Consultant Forensic Psychiatrist (NHS) and Consultant Adult Psychiatry – Women's Service (NHS).

*Current Appointment:* Consultant Psychiatrist – Rehabilitation Unit.

**Dr. David Foreman** <sup>5</sup>

*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.

**Dr. Paul Foster** <sup>6</sup>

*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, Edgware Community, BEH Mental Health NHS Trust.

**Dr. Jona Lewin** <sup>7</sup>

*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** <sup>8</sup>

*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. Stefanos Maltezos**<sup>9</sup>

*Consultant Psychiatrist*

*Qualifications:* MBBS, MSc.

*Expertise:* General Adult Psychiatry

*Specialities:* ADHD • Autism Spectrum Disorders • Anxiety Disorders • Mood Disorders / Depression.

*Current NHS Post:* Consultant Psychiatrist at the Adult Autism Spectrum Disorder / ADHD Service at the Maudsley Hospital, South London and Maudsley NHS Foundation Trust.

*Languages:* Greek.

**Dr. Jason Maratos**<sup>10</sup>

*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**<sup>11</sup>

*Consultant Psychiatrist*

*Qualifications:* MRCPsych, MSc.

Dip Psychoanalytic Psychotherapy

*Expertise:* General Adult Psychiatry

*Specialities:* PTSD • Personality Disorders

• Group Analysis • Psychotherapy • Medico-Legal • Anxiety • Depression • Schizophrenia.

*Current NHS Post:* Adult Psychiatrist at NHS

NELFT, awarded 6 clinical excellence awards.

*Languages:* Greek.

**Dr. Maja Ranger**<sup>12</sup>

*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**<sup>13</sup>

*Consultant Psychiatrist*

*Qualifications:* MA, DPM, DM, MRCPsych,

FRCPsych, Dip Criminal.

*Expertise:* Forensic Psychiatry • General Psychiatry

*Specialities:* Depression • Anxiety • Medico-Legal

• Personal Injury • Episodic Dyscontrol

• Neuropsychiatry.



## PSYCHOLOGISTS

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### **Dr. Jan Wise**<sup>14</sup>

*Consultant Psychiatrist*

*Qualifications:* MB, BS, MSc, FRCPsych.

*Expertise:* General Adult Psychiatry

- Liaison Psychiatry • Medico-Legal
- Specialities:* Adult ADHD • Capacity Assessments
- Fitness to Parent • Disability • Mood Disorders
- Anxiety • PTSD • Personal Injury • Psychosis
- Schizophrenia • Substance Misuse.
- Current Appointments:* Consultant Psychiatrist, NHS 2002–Present, Lecturer at EPA and APA annual conferences. Over 70 publications.

### **Dr. Padraig Wright**<sup>15</sup>

*Consultant Psychiatrist*

*Qualifications:* RPN, LRCP&SI, LM, MB, BAO, MRCPsych.

*Expertise:* General Psychiatry • Neuropsychiatry

- Employment Psychiatry.
- Specialities:* Psychopharmacology • Medico-Legal (personal injury) • Adult ADHD • Injury at Work.
- Employment Discrimination.

### **Professor Graeme Yorston**<sup>16</sup>

*Consultant Forensic Psychiatrist*

*Qualifications:* BSc, MB BS, MSc, MRCPsych, MEWI.

*Expertise:* Medicolegal: murder, sexual offences, older offenders, fitness to plead, personal injury, automatism, dementia, depression, testamentary capacity.

*Specialities:* Old Age Psychiatry • Neuropsychiatry

- Forensic Psychiatry.
- Current Post:* Consultant Forensic Neuropsychiatric, St Matthews Healthcare, Dallingtons Hospital, Northampton.

### **Dr James R Álvarez**<sup>17</sup>

*Chartered Psychologist, Clinical Psychologist, Forensic Psychologist and Occupational Psychologist*

*Qualifications:* BA, MSc, MPhil, PhD, CSci, CPsychol, AFBPsS

- Expertise:* General Adult Clinical Psychology
- Forensic & Occupational Psychology
  - Specialities:* Adult ADHD • Anxiety • Depression
  - Forensic Assessments & Medico Legal (Expert Witness Testimony) • Individual and Couples' Therapy • Post-Traumatic Stress Disorder (PTSD) & Trauma • Psychosis • Personality Disorders
  - OCD • Phobias • Life, Business and Team Coaching • Negotiations, Influence, Persuasion
  - Grief and Loss • Mindfulness • Stress Management • Work Conflict • Management Consultation • Psychological Assessments
  - Eclectic Approach • Cognitive Behavioural Therapy (CBT) • Psychodynamic Therapy • Eye Movement Desensitisation and Reprocessing (EMDR) • Narrative Exposure Therapy (NET).
  - Previous Appointments:* Consultant Clinical Psychologist and Deputy Head, Consultancy Service – St. Andrew's Healthcare and various NHS positions – 20 years' experience as a qualified Psychologist, 9 years as a Consultant Psychologist delivering evidence-based psychological services to a variety of populations across the lifespan in diverse, often international settings.
  - Languages:* Spanish.

### **Mrs. Tamara Cilliers**<sup>18</sup>

*Chartered Psychologist, Clinical Psychologist*

*Qualification:* British Psychological Society (BPS), HCPC (Health Care Professions Council) and BABCP (British Association of Behavioural and Cognitive Psychotherapies).

- Expertise:* Anxiety and Mood Disorders • Stress
- Relationship Difficulties • Self-Harm • Anger.

**Ms. Dawn Clark**<sup>19</sup>

*Psychotherapist*

*Qualifications:* BA (Hons) Psychology, PG Counselling Psychology, MSc Psychodynamics of Human Development BABCP Accredited Psychotherapist.

*Expertise:* Counselling Psychology  
*Specialities:* CBT, Psychodynamic (Post Freudian and Jungian); existential and their integration working with a wide range of difficulties for both adults and adolescents.

*Previous Appointments:* The NHS and other settings.

**Dr. Alessandra De Acutis**<sup>20</sup>

*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**<sup>21</sup>

*Chartered Psychologist, Clinical Psychologist & Consultant Neuropsychologist*

*Qualifications:* MA.

*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.

**Dr. John Hanna**<sup>22</sup>

*Chartered Psychologist, Clinical Psychologist*

*Qualifications:* BA, MA, PhD, C.Psychol BPS and HCPC Registered

*Expertise:* Primarily CBT guided by integrative formulation, including systemic, psychodynamic and existential humanist orientations • Psychosis • Anxiety • Depression • Bipolar Disorder • OCD • MUS • Trauma • Post-traumatic Stress Disorder • Eating Distress.

*Specialities:* Trained in Schema Therapy and DBT in relation to personality difficulties, ACT generally and particularly in relation to pain management and MBCT in relation to psychosis, behavioural family therapy and systemic family therapy.

*Previous Posts:* Nearly 20 years' post-qualification clinical experience as a clinical psychologist, who has worked with diverse individuals presenting with an extraordinarily wide range of difficulties. He also works in the NHS in child and adolescent mental health for South West London & St. George's Mental Health NHS Trust. Between 2005 and 2016, Dr. Hanna worked as a consultant clinical psychologist and head of speciality for the Camden and Islington NHS Foundation Trust, leading the Acute Inpatient Clinical Psychology Service across the five acute

wards at the Highgate Mental Health Centre in Islington, North London. John also served as the DCP's Policy Director, working on initiatives ranging from NICE guidance, CQC regulation, improving access to psychological services, the Mental Health Act, mental health service re-design and quality improvement accreditation standards.

**Mrs. Julie Henry**<sup>23</sup>

*Chartered Psychologist, Counselling Psychologist*  
*Qualifications:* BSc (Hons), MSc, PGDip Psych, BPS Full Member Division of Couns Psych.

*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.

**Ms. Sharon Kalinko**<sup>24</sup>

*Chartered Psychologist, Counselling Psychologist*  
*Qualifications:* BA, BA (Hons), MA (Couns.

Psych), UED Certified Teaching and Supervising Transactional Analyst, (ITAA) Certified Teaching and Supervising Relational Integrative Psychotherapist (IIPA, UKCP) C. Psychol (BPS), Registered with HCPC.

*Expertise:* Adult Psychotherapy for Anger Management • Relationship Difficulties

• Communication Problems • Self-Development • Anxiety • Depression • Mood Disorders • Dissociative Disorders • Personality Disorders • Cumulative and Acute Trauma • Dealing with

Life Events and Transitions • Marital Crisis.

*Specialities:* Focus is always on the therapeutic relationship with the client and the approach is essentially integrative with many approaches that are compatible with a Humanistic, Existential, Person-centered and compassionate stance working with the client in a respectful, attuned manner for the benefit of the client and awareness of the client's system in totality. This can sometimes include Family Constellations as well as couple or group Interventions plus the use of short-term as well as long-term interventions including CBT, solution-focused therapy and stress management. The approach to life coaching is grounded in the same theoretical basis.

*Experience:* 37 years of experience in private practice working with all the above. 27 years of experience as a Trainer and Supervisor of Counsellors, Psychotherapists, Psychologists and other mental health professionals. Extensive experience in dealing with cross-cultural issues and emigration.

*Current Post:* Currently in private practice in all the above areas.

**Professor Narinder Kapur**<sup>25</sup>

*Chartered Psychologist, Clinical Psychologist & Professor of Neuropsychology*

*Qualifications:* BA, PhD, Dip Clin Psych, FBPS.

*Expertise:* Neuropsychology • Memory Disorders • Neuropsychological Assessments • Memory Rehabilitation.

*Specialities:* Amnesia • Dementia • Epilepsy • Acquired Brain Injuries • Medico-Legal Reporting.

*Current Posts:* Visiting Professor of Neuropsychology, UCL, Head of Neuropsychology Service at Imperial College Healthcare NHS Trust.

**Dr. Simon Kirwilliam**<sup>26</sup>

*Clinical Psychologist, Neuropsychologist*

*Qualifications:* BSc, MRes, DipClin Psych, C.Psychol.

*Expertise:* Clinical and medico-legal neuropsychological assessment

- neuropsychological rehabilitation
- mental capacity assessment.

*Speciality:* Traumatic brain injury • dementia / memory symptoms • epilepsy • degenerative neurological conditions • cross-cultural neuropsychological assessment.

*Current Post:* Principal Clinical Neuropsychologist, Neuropsychology Service, North-East London NHS Foundation Trust.

**Dr. Sharon Leicht**<sup>27</sup>

*Chartered Psychologist, Clinical Psychologist & Forensic Psychologist*

*Qualifications:* BA (Hons) Psych, MApplPsych, MSc, DipClHypn, DCIPsych.

*Expertise:* Clinical Psychology • Forensic Psychology • Clinical Hypnotherapy.

- Specialities:* Abuse • PTSD • Psychosis • Personality Disorders • Depression • Anxiety • OCD • Phobias • Grief and Loss • Mindfulness • Cognitive & Intellectual Assessments • Personality Assessments • Stress Management • Forensic Assessments • Psychosexual Assessments • Eclectic Approach • CBT • DBT • Rorschach Techniques • EMDR • Schema-Focused.

*Previous Appointments:* 26 years experience as a qualified Psychologist, 15 years as a Consultant Psychologist. Experience as a Military Psychologist.

**Dr. Kim Morsley**<sup>28</sup>

*Chartered Psychologist, Clinical Psychologist*

*Qualifications:* BA (Hons), PhD, M. Clin. Psychol, BPS and HCPC registered.

*Expertise:* Long term Physical Health Issues and Disabilities and The Inter-Relationship Between Physical and Psychological Wellbeing • Adults and Young People with Long Term Health Conditions • Chronic Pain • Chronic Fatigue Syndrome • Rheumatological Disorders

- Physical Disabilities including Spinal Injuries and Paralysis • Visual Disabilities • Amputations • Mental Health Issues • Anger • Depression • Stress • Anxiety Management • Trauma • Abuse • Work-Related difficulties • Work Related Stress.

*Specialities:* • Integrative Therapeutic Approach • Psychodynamic • Compassion Focussed Work • Health Coach • Person-Centred, Individualised Psychological Assessment • Intervention to help develop greater insight into psychological and physical health, the relationship between them and strategies for managing both • Works with Individuals and Groups.

*Current Posts:* Consultant Clinical Psychologist in the National Health Service and Private Health sector for the last 25 years working in a variety of primary care, acute and rehabilitation hospital settings.

**Dr. Guy Moss**<sup>29</sup>

*Chartered Psychologist, Clinical Psychologist*

*Qualifications:* BSc, MClInPsych, DPsych.

*Expertise:* Clinical Psychology.

- Specialities:* Anxiety Disorders • Mood Disorders • Anger Management • Addiction • Relationship Difficulties • Stress Related Issues • Personality Disorders • Psychotic Illness • Schizophrenia.

*Current NHS Post:* Clinical Psychologist working within at an out-patient and in-patient service at Camden and Islington Mental Health NHS Trust.

**Dr. Maria Papastergiou**<sup>30</sup>

*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.

**Dr. Che Rosebert**<sup>32</sup>

*Clinical Psychologist*

*Qualifications:* DCLinPsych, MA, BSc.

*Expertise:* Clinical Psychologist • Organisational Consultant • Division of Clinical Psychology Psychosis & Complex Mental Health Faculty Chair • Therapist • Supervisor • Trainer.

*Specialities:* Adult Mental Health • Anxiety including OCD • Depression • Bereavement, PTSD & Trauma • Psychosis including Voices, Hallucinations and Paranoia • Bipolar Disorder, Relational Difficulties with Self and Others

• Deliberate Self-harm • Staying Well • Individual, Couple, Family and Group Work

• CBT and Integrative Psychotherapies and Family Interventions • Facilitating healthy organisations using Systems Psychodynamics and Reflective Practice.

*Current NHS Post:* Adult Mental Health & Homelessness, East London NHS Foundation Trust.

**Dr. Voytek Rogowski**<sup>31</sup>

*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.

**Ms. Sandra Stamos**<sup>33</sup>

*Chartered Psychologist, Counselling Psychologist*  
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 Christine Stevens**<sup>34</sup>

*Chartered Psychologist, Clinical Psychologist &  
Director of Psychology PPCS*

*Qualifications:* BA (Hons), PhD, DipClin Psych,  
AFBPS BPS and HCPC Registered.

*Expertise:* Cognitive Behaviour Therapy for  
Depression • Anxiety • Obsessive Compulsive  
Disorders • Drug and Alcohol Dependency  
• Eating Disorders • Work Related Stress  
*Specialities:* 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.  
*Current Post:* Director of Psychology, PPCS Ltd.

**Dr. Louis André van Graan**<sup>35</sup>

*Chartered Psychologist, Clinical Psychologist &  
Consultant Neuropsychologist*

*Qualifications:* BA, BA (Hons), MA (Clin Psych),  
*Languages:* Greek, French, Spanish.

MSc (Neuroscience), D.Phil, MSc (Advanced  
Neuroimaging).

*Expertise:* Neuropsychological Assessment and  
Rehabilitation • Psychological Therapy.

*Specialities:* Pain Psychology • PTSD • Human  
Factors and Performance • Brain Injury • Epilepsy  
• Anxiety Disorders • Depression.

*Previous Appointments:* Consultant  
Neuropsychologist, Priory Healthcare •  
Consultant Neuropsychologist, Brain Injury  
Rehabilitation Trust • Clinical Psychologist, Institute  
of Psychiatry & Maudsley Hospital, London.

## ASSOCIATES (DIETITIAN)

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### **Dr. Ruth Weiner** <sup>36</sup>

*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.

### **Ms. Linia Patel** <sup>37</sup>

*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.

# HOW TO FIND US



PPCS is located in central London:

*By Car:* PPCS is within the London Congestion Charging Zone. Parking is limited although NCP car parks are located within the vicinity and can be found by visiting:

[www.ncp.co.uk/find-a-car-park.htm](http://www.ncp.co.uk/find-a-car-park.htm).

Pay and Display parking is available near to the Clinic.

*By Tube:* PPCS is conveniently located between two tube stations: Regent's Park (served by the Hammersmith & City, Circle, Bakerloo lines) and Baker Street (served by the Hammersmith & City, Circle, Metropolitan, Bakerloo and Jubilee lines). The Clinic is a five minute walk from either station.

*By Train/Buses:* The closest mainline station is Euston Station which is a 15 minute walk away or served by frequent London buses (numbers 205 and 30). Paddington and Marylebone Stations are also close by.