

THE PSYCHOLOGY ROOMS

PSYCHOLOGICAL THERAPY FOR ALL AGES

EXPERT WITNESS SERVICES

ASSESSMENT FOR SURGERY & AESTHETICS

MENTAL HEALTH AWARENESS TRAINING AND CORPORATE SERVICES

0141 328 9869
www.psychologyrooms.com

WHY CHOOSE THE PSYCHOLOGY ROOMS?

WE ARE A HIGHLY QUALIFIED TEAM OF:

- Clinical, Counselling & Educational Psychologists
- EMDR Practitioners - Child and Adult
- CBT Therapists and counsellors

OUR CLINICIANS HAVE HELD SENIOR NHS POSTS IN:

- CAMHS, Adult Community Mental Health and Psychiatric Inpatient Units
- Medical MDTs at Glasgow Royal Infirmary, QEUH, Beatson Cancer Centre, Canniesburn Plastic Surgery and Burns, and Royal Hospital for Sick Children
- Specialist Services: Eating Disorders, Sleep Centre, Stroke, Neurology, Psychosis, Weight Management

WE WORK CLOSELY WITH TRUSTED PROFESSIONALS, INCLUDING:

- Child & Adult Psychiatry
- Consultants at Nuffield & Ross Hall Hospitals
- Physiotherapists, Occupational Therapists & Dietitians

WE PROVIDE COMPLETE CARE.



WE PROVIDE THE EVIDENCE BASED THERAPIES FOR EVERY PRESENTATION



BELOW IS A LIST OF SOME OF THE EVIDENCE-BASED THERAPIES WE PROVIDE:

- CBT adapted for age, neurodiversity, and cognitive ability
- Diagnosis specific CBT: CBT-E (Eating Disorders), CBT-I (Insomnia), Trauma-Focused CBT
- EMDR for children, adolescents, and adults.
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Schema Therapy
- Compassion Focused Therapy
- Gottman Relationship Therapy
- Interpersonal Therapy
- Family and Systemic Therapy
- Grief Counselling

SPECIALIST EATING DISORDER SERVICE

- Schema-Informed Therapy for Complex Eating Disorders
- Maudsley Model for Anorexia in Adults (MANTRA)
- Enhanced CBT (CBT-E).

SERVICES FOR CHRONIC HEALTH CONDITIONS

- Pain Management
- Adjustment to Change
- Treatment Decision-Making

ASSESSMENT FOR SURGERY & AESTHETICS

The Psychology Rooms team has extensive experience providing psychological consultation and reports for treatment and surgical readiness:

WE HAVE COLLABORATED WITH TEAMS IN:

- Plastic Surgery & Burns
- Weight management and Bariatric surgery
- Oncology- Adult and child
- Medical Paediatrics
- Maternity and Neonatal
- Pain Management
- Orthopaedics
- Gastroenterology
- ENT / Maxillofacial
- Colorectal
- Cardiology
- Gynaecology
- Dermatology
- Eating Disorders
- Neurology
- Stroke

EXPERT WITNESS SERVICE

WHY CHOOSE OUR EXPERT WITNESS TEAM ?

- Completion of the Bond Solon University of Aberdeen Expert Witness Course ensures expertise in court-compliant reports and courtroom skills.
- Experienced in working with medical professionals, with a solid understanding of medical terminology, medical record layout, and treatment pathways in rehabilitation.
- Experts in integrating physical and mental health, ensuring reports address both the impact of the incident and the medical journey, including projected treatment across the lifespan.

CORPORATE SERVICES

Poor mental health costs UK employers £59 billion annually. For every £1 invested employers can expect a **£5 return** through reduced absenteeism, enhanced productivity, and improved staff retention.

HOW WE CAN HELP

- Mental Health Awareness Training
- Workplace Wellbeing Workshops: Training sessions for managers and staff.
- Rapid Access to Therapy to promote resilience and prevent burnout
- Confidential Assessments and Treatment Plans for employee mental health difficulties

EMPLOYERS WHO ALREADY FUND PRIVATE MEDICAL INSURANCE FOR EMPLOYEES DO NOT HAVE TO INVEST FURTHER.



OPENING HOURS

MONDAY	8.30am - 8pm
TUESDAY	8.30am - 8pm
WEDNESDAY	8.30am - 8pm
THURSDAY	8.30am - 8pm
FRIDAY	8.30am - 5pm



For any enquiries or to make a booking please contact us via phone or email:

0141 328 9869

info@psychologyrooms.com

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