

Dr Lucy Longhurst DPsych. CPsychol. MBPS.

## Chartered Psychologist

**Professional associations: BPS:** 272458 **HCPC:** PYL32293

### About me:

I am a chartered psychologist working in Central and North London. I see individuals for private, confidential counselling for a wide range of issues. I also offer couple's therapy and bereavement counselling. I draw on a range of therapeutic models so sessions are tailored to you, not vice versa. Models include: Cognitive Behavioural Therapy (CBT), Existential Therapy, Acceptance + Commitment Therapy (ACT), Psychodynamic approaches and Person-Centred Therapy. An erstwhile broadcaster and writer, I embrace a wide variety of activities which offers me a broad view of the world enhancing my work as a psychologist. However, my main passion and focus remains with clients who may be unable to live life in the way they would like and who perhaps hope to change things for the better.

### LOCATIONS

<u>The London Medical Centre</u> 144 Harley street London W1G 7LD	<u>The Heath Clinic</u> 27, Avenue Mansions 499 Finchley Road London NW3 7AX	<u>Cygnets Hospital</u> London Road, Harrow on the Hill, Middlesex, HA1 3JL
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### Online therapy + counselling/Skype

Although face-to-face sessions might be preferable, I also offer sessions via Skype and over the phone if you are unable to attend in person.

**CONTACT:** *Appointments* - Email [lucy@lucylonghurst.com](mailto:lucy@lucylonghurst.com) Tel: 07789 375918

*Media enquiries:* **Shining Management** [info@shiningvoices.com](mailto:info@shiningvoices.com)

Tel: +44 (0) 20 7734 1981

### Appointments and Fees

For appointments, please call or email. I will respond as quickly as possible and am happy to answer any queries you may have. Fees/sessions are discussed before booking and these may be negotiated depending on individual needs. You may be self-funding, covered by private healthcare insurance or supported by employers/others. Please note, health insurers vary greatly and you will need to specify payment arrangements at the outset. You will also be liable for any shortfall in payment from the insurers. **24 hours notice is required if appointments are to be changed.**

### QUALIFICATIONS

DPsych Counselling Psychology.	City University, London
MSc. Counselling Psychology	City University, London
BSc. (Hons) Psychology (First Class)	The Open University
BSc. (Hons) Music	City University, London