

CHANGING MINDS^{UK}

Comprehensive psychological services designed to help others navigate change, maximise performance, and realise potential



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Simon is a Chartered Counselling Psychologist who specialises in working with adults and young people and the systems designed to support them. For the last 7 years, Simon has supported children, adolescents and their families in a variety of settings and has worked with a diverse range of presenting difficulties. In his last post, within a tier 4 psychiatric intensive care unit, he provided risk assessment, clinical formulation, and psychological interventions for adolescents with complex needs.

Simon draws on a range of psychological approaches in his work. His therapeutic toolset includes Cognitive-Behavioural Therapy, Mindfulness, Dialectical Behavioural Therapy, and he is also undertaking training in Dyadic Developmental Psychotherapy (DDP). He adopts an integrative approach in his therapy and believes in modifying the tools he harnesses in order to complement individual strengths and preferences. Simon is registered as a Practitioner Psychologist with the Health and Care Professions Council (HCPC).