

Dr Lucy Longhurst DPsych. CPsychol. MBPS.

Chartered Psychologist

Professional associations: BPS: 272458 HCPC: PYL32293

ABOUT ME:

I am a Chartered Psychologist working in Central 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. I also offer EMDR, a therapy for processing trauma. I am a Teaching Fellow at the University of Surrey and 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.

ONLINE THERAPY and COUNSELLING/SKYPE

Although face-to-face sessions might be preferable, I also offer appointments via Skype, Face Time, Zoom, Whatsapp and by phone if you are unable to attend in person. During the current Covid-19 lock down however, face-to-face sessions are not possible.

CONTACT:

Appointments - Email lucy@lucylonghurst.com Tel: 07789 375918

Media enquiries: **Shining Management** 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. **48 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
Fellow of The Higher Education Academy,	University of Surrey