

Adult Therapy

The Therapy Place offers complementary therapy to assist individuals live the life they want to lead.

There are many different reasons why a trained therapeutic professional would be the right person to approach.

The Therapy Place approach involves you and your therapist building a safe and trusting relationship together. This will enable you to express your concerns with ease and comfort. Each session provides you with an opportunity to work through concerns that are preventing you from moving forward in your life or living your life the way you want.

At The Therapy Place we assist you to recognize negative behavior patterns, and support you in your journey towards a different approach to life. We assist you in adapting your thoughts and actions in a comfortable way to manage your life differently through;

- Cognitive Behavioural Approaches
- Clinical Cognitive Hypnotherapy
- Counselling Support Work
- Neurodevelopment Programmes

Located in Pinner, Middlesex, The Therapy Place is within easy reach of Central London and the Home Counties and the large surrounding towns of Harrow, Uxbridge, Watford and Ealing.