

### Make an appointment

If you are reading this leaflet, the chances are you, or someone you know, are caught up in difficult or conflicting emotions or finding it hard to cope with your life – and are considering professional support.

We offer an initial free, half hour, no-obligation

consultation session with a therapist so you can ask questions, discuss your issue in more detail, consider options and decide whether Pinnacle Therapy is right for you.

If you would like to book an initial consultation or an appointment do get in touch.

## Pinnacle Therapy

professional therapy with a personal touch



Helping you manage your life by  
managing your emotions

020 7060 4375

info@pinnacletherapy.co.uk

www.pinnacletherapy.co.uk

Therapy rooms in Twickenham and central London

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October 2010

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“I had suffered from panic attacks for 10 years, they were ruining my life... I was too scared to go out of the house, I was unable to work and lost touch with all of my friends. Now six months later... I am leading a normal life. I have Richard to thank for giving me back normality, and I now appreciate life every day.”

Nicola, Teddington

### Managing life in the 21st century

Modern life is full of pressures at the best of times. While many people seem able to cope with whatever life throws in their path, others struggle to get through their days, day after day. For some the battle seems impossibly hard; they can't see a life beyond their immediate difficulties.

The way people respond is different, too, perhaps sinking into the depths of depression or turning to food or alcohol to avoid challenging emotions; riding the storm with medical support, or experiencing pain with no obvious physical cause; becoming workaholic or having no direction at all.

As with everything psychological, there are no hard and fast rules about how we respond. Whatever you are experiencing is unique to you and deserves unique support.

### How we help

Recognising that everyone is different, and everyone's experiences are experienced differently, our approach is not only holistic, looking at each person in their full context, but also broad – often blending therapies together to provide the most appropriate treatment for each person. Those therapies are:

- \* Cognitive behavioural therapy (CBT)
- \* Counselling
- \* Eye movement desensitisation reprocessing (EMDR)
- \* Emotional freedom technique (EFT)
- \* Gestalt therapy
- \* Humanistic psychotherapy
- \* Hypno-birthing
- \* Hypnotherapy
- \* Integrative counselling
- \* Neuro Linguistic Programming (NLP)
- \* Psychotherapy
- \* Sensorimotor psychotherapy

“I've been suffering with severe depression and anxiety for over 10 years; taking medication and have seen several therapists. My GP recommended Pinnacle Therapy, so I made an appointment. I've had eight sessions and now my doctor has reduced my medication and we have set a goal to be tablet-free in two months' time”

Jeremy, Hampton Hill

“Having never experienced counselling before I was very nervous about what to expect, but knew I had to make changes in my life as I was feeling so low I could see no future. Because of negative experiences I'd been through I thought I was worthless. I now know myself so much better and feel very positive that I will be able to deal with whatever life throws at me.”

Lydia, Hampstead



### Who we are

Pinnacle Therapy is run by Richard Reid, a highly qualified psychotherapist, counsellor and mediator. He works with other professional and well-respected therapists to ensure that all his clients receive the form of therapy that is best for them from the therapist they feel most comfortable working with.

### Foreign languages

Our therapists speak the following languages: French, German, Greek, Italian, Polish, Portuguese, Spanish, Swedish. If you need therapy in a language not listed here we will try to find someone for you.

### Hours

We see clients between 8am and 9pm on weekdays and from 8am to 2pm on Saturdays.

### Costs

Most therapies are conducted in a series of single sessions lasting 50 minutes (known as the therapy hour) usually once a week. Some therapies (such as CBT) last for a limited and fixed number of sessions (often six or 10); others may go on indefinitely until the therapy reaches a natural conclusion.

- \* a single session (50 minutes): £95
- \* a single session for couples (50 minutes): £125
- \* block bookings of single sessions: £520 for six sessions, £850 for 10 sessions
- \* concessions are available.

Please check our website for current prices (the information is on the questions page).

“Although I was very hesitant to try this ‘therapy’ stuff at first (my wife made my first appointment for me), Richard made me feel comfortable and made me realise exactly what I could expect from the very first session.”

Alan, Kensington