

## 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



anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management . anxiety . depression . eating  
stress . trauma . addiction . anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management  
anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management . anxiety . depression . eating  
stress . trauma . addiction . anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management  
anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management . anxiety . depression . eating  
stress . trauma . addiction . anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management  
ion . anger management . addiction . anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger m  
anger management . anxiety . depression . eating issues . sleep issues . stress . traum  
stress . trauma . addiction . anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management  
anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management . anxiety . depression . eating  
stress . trauma . addiction . anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management  
anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management . anxiety . depression . eating  
stress . trauma . addiction . anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger management  
addiction . anger management . addiction . anger management . anxiety . depression . eating issues . sleep issues . stress . trauma . addiction . anger m

Helping you move on from the  
impact of trauma

020 7060 4375

info@pinnacletherapy.co.uk

www.pinnacletherapy.co.uk

Therapy rooms in Twickenham and central London

 **Pinnacle Therapy**  
professional therapy with a personal touch



October 2010

020 7060 4375

info@pinnacletherapy.co.uk

www.pinnacletherapy.co.uk

Therapy rooms in Twickenham and central London

“Through my work with Richard, I have been able to identify and unlock trauma that has continued to present itself at the most painful times in my life, causing immense turmoil and suffering. I am convinced that the EMDR process is creating immense healing and clarity for me to achieve the health and wellness that I have been seeking for years. I highly recommend this approach and the services of Pinnacle Therapy.”

John, Maida Vale

“I found the whole process incredibly useful and I think that I have moved on a massive amount in a short space of time. In fact, I feel like a completely different person to when I walked in. Overcoming the feelings of panic and loss of concentration has helped me to get back to work and to feel like the old me again. ...Working with Richard and using EMDR has helped me to put an harrowing experience well and truly behind me.”

George, London Underground train driver who experienced a passenger suicide

### 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.

For people who have experienced trauma living is even more complicated. Intrusive thoughts, flashbacks and personality shifts can be difficult to manage; overcoming them can seem impossible.

The way people respond is different, too, perhaps sinking into the depths of depression; being gripped by compulsive or obsessive behaviour; experiencing mood swings or irritability; withdrawing from the world; turning to food, alcohol, drugs; 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.

For people who have experienced trauma or other serious psychologically damaging events we often recommend:

- \* Eye movement desensitisation reprocessing (EMDR) or
- \* Sensorimotor psychotherapy

We also offer other therapies:

- \* Cognitive behavioural therapy (CBT)
- \* Gestalt therapy
- \* Humanistic psychotherapy
- \* Integrative counselling
- \* Psychotherapy



### Who we are

Pinnacle Therapy is run by Richard Reid, a highly qualified psychotherapist and counsellor. He specialises in helping people recover from trauma, anxiety and stress as well as those who have depression or struggle with the emotional pressures of everyday life. He has worked with numerous private clients as well as the

NHS, The Priory and Transport for London – developing mental health policies for their employees, preparing staff for trauma, and supporting individuals.

### 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).

“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

“Now that the treatment is finished I feel so liberated and back in control of my life. The fear that had become part of my everyday life has now left me and been replaced with feelings of calm and confidence. I would urge anyone who's suffering from a phobia which affects your life to get this sort of treatment. I'm so grateful to Richard for giving me the chance to get rid of my fears and for my new found confidence.”

Jane, St Margaret's