



Christos Papalekas

I am HCPC Registered Counselling Psychologist. I am also a BABCP accredited CBT (Cognitive Behavioral Psychotherapist) and REBT (Rational Emotive Behavioral Psychotherapist) psychotherapist. I have been working at the Hayes Grove Priory Psychiatric Hospital over the last nine years, offering group and individual therapy for a wide range of emotional issues such as Depression, Assertiveness, Self Esteem, Anxiety, OCD and Panic Disorders. I have also been working at the Priory Well Being Centre at Fenchurch Street for the last four years.

I have also been offering clinical supervision. Furthermore, I am accredited EMDR (Eye Movement Desensitization Reprocessing) psychotherapist, offering treatment for traumatic experiences and Posttraumatic stress disorder. I have been extensively professionally trained over the last 6 years in Acceptance and Commitment Therapy (ACT) and Mindfulness based practices, which I use a lot in my clinical practice. The aim of my clinical practice is to reduce psychological suffering and to increase vitality and quality of life in a safe and non-judgmental environment. I can offer face-to-face sessions in English or in Greek. He maintains his private practice in West Wickham and in Harley street area.

Qualifications: BSc (Hons) Psychology & Counseling, Diploma in Counselling, MA Social Psychology, MSc in REBT & CBT, Diploma in EMDR, Certificate in Psychodrama psychotherapy.

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Dr. Christos Papakyriakopoulos, PhD, MSc, MA, PGDip, Bed, UKCP

Christos is a UKCP registered Highly Specialist Systemic and Family Psychotherapist.

He has a Ph.D. in Psychology from UCL, University of London on Development and Psychopathology, an MSc in Family & Systemic Psychotherapy, MA Psych, PG Dip in Systemic Practice, BEd.

Christos has a long experience as a psychology researcher since the 1990s. As a highly specialist Systemic Psychotherapist he has over the years and is actively training educators, trainee psychologists and social workers in Systemic Psychotherapy principles, methods and techniques in the NHS in Surrey where he leads 2 Family Psychotherapy clinics.

Christos' most rewarding work, though, comes from receiving direct feedback from his clients over the years whom report how they have been helped and guided to lead a happier life by acknowledging the nature of their relational difficulties, by identifying negative interaction patterns, and by creating together a new path towards "positive change" in their dealings with diversity issues, as well as major emotional and behavioural challenges.

He works with: relationship crises, bi-national couples, cultural differences, affairs, major life challenges like bereavement, employment issues, low/depressive mood, existential difficulties, identity issues, LGBT, ADHD and ASD family support systems, communication and emotional regulation challenges. His Psychotherapy practice helps individuals, couples and families construct a "safe space" for risk taking conversations to take place within a non-judgmental stance.

Christos offers face to face (also skype) sessions in English and in Greek in his two practices in the Harley Street area on Mondays, Tuesdays and Saturdays as well as in Surrey.

To contact him please call or text on 07876 524 525 or email him at chrispapa11@gmail.com

Website: <http://www.chrispapa.co.uk>