

ADULT

We provide support, coaching & therapy for most areas of adult psychology including Depression, Anxiety, Phobias, OCD (Obsessive Compulsive Disorder), Stress, Personality disorders, Trauma, Anger, Self-harm, Pain, Tinnitus & Sleeping problems, Emptiness, Fear, Low Self-esteem, Enhanced sadness, Passive thinking & Feel of Distrust.

All our coaching sessions involve combination of therapies.