



Belvedere Psychological Services

Dr Christine Hemsley
Chartered Counselling Psychologist
BSc (Hons), MSc, Dip Psych, PsychD, C.Psychol

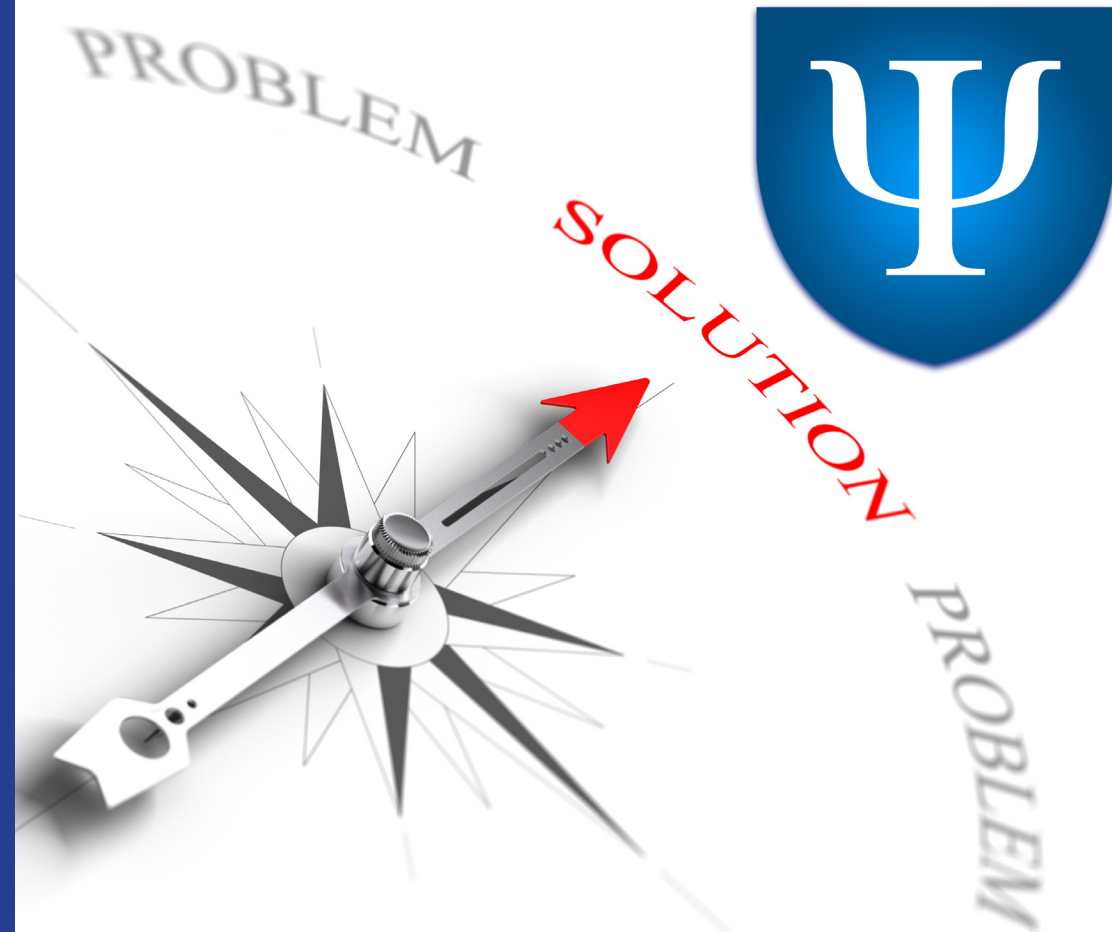
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Weybridge
Surrey KT13 8JG

and at

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St Paul's
London EC1A 2EJ

07926 943 896

www.belvedere-psychological-services.com



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COUNSELLING, PSYCHOLOGY AND PSYCHOTHERAPY
for Individuals and Couples

Weybridge, Surrey & St Paul's, London

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Making the decision to seek help can be a daunting and confusing one but I strive to offer a calm, non-judgemental attitude that respects our varied ways of living and dealing with problems. As an experienced Counselling Psychologist I work with individuals and couples of all ages who are finding life or relationships challenging. This may be the result of short or long term difficulties.



I also work with individuals and couples who feel that they are coping well with life but would like to learn skills to enhance their ability to cope or are interested in personal growth.

My training includes a Doctorate in Psychotherapeutic and Counselling Psychology. With this and additional training, I am able to assess the difficulty that brings a person/couple to see me and using this and the goals of therapy, work in a way that fits with the person/couple and their needs. This also means that I am able to choose both long and short term methods of working. I strive for the highest standards of care that will provide the best service for you.

Working with a wide range of difficulties, I also have special interests. My work with trauma, whether it emotional, a past history of abuse, physical injury or specific event, is supported by additional training. I am also specialised in relational difficulties.

I am a Chartered Psychologist with the British Psychological Society and registered member of the Health Professions Council.

If you would like to make an initial enquiry then please call me
on

07926 943 896

or email me at
drchristinehemsley@gmail.com

My service may be useful in helping
individuals or couples
with:

Depression/Profound Sadness

Postnatal Depression

Anxiety

OCD

Obsessions

Trauma

Self Harming

Hair Pulling/Skin Picking

Gambling

Bereavement and Loss

Pain Management

Relationships Difficulties

Understanding Repeating Patterns of Behaviour

Improving Quality of Life