

Helen Mann DCLinPsych
BPS Chartered /
HCPC Registered Clinical Psychologist

Psychology

Counselling

Psychotherapy

About Helen

I am a registered and chartered Clinical Psychologist with 16 years post qualification experience. I have worked extensively in the NHS, across a range of services and settings, including leading services for adults from diverse backgrounds with complex mental health problems in East London. I currently run a private practice offering consultation, therapies, supervision and training to individuals, groups and organisations. I also offer expert assessment services to the family courts.

Helen's Approach

I like to view people in the context of their relationships with others, as individuals functioning in a much bigger picture. I value people's strengths and resources and try to understand with them the strategies they draw on to live their lives but also the blocks and challenges they can experience along the way. None of us choose the life that we are born into, and sometimes we need space to find our place in the world; to grow and open. Therapy can help create opportunities for change, enabling you to make new connections between the events, beliefs, experiences and choices in your life.

Who Helen Works With

I work with adults with a wide range of emotional, psychological and mental health issues and concerns, including (but not exclusively) relationship problems, anxiety, unhappiness/depression, stress and burnout, sleep problems, lethargy, anger and trauma. Please enquire if your concern is not listed here as I have worked with a wide range of experiences and difficulties.

Therapies Offered

I offer interpersonal, dynamic and systemic-based therapies, which explore thoughts, feelings, patterns and experiences within the context of people's histories, relationships and cultures. I work integratively, which means that I draw on a range of theories and knowledge to inform my practice and tailor the treatment to your individual needs. Therapy helps you to understand yourself, others and/or your feelings and experiences differently or in a deeper way so that you can try out new patterns or ways of living your life, make different choices and feel more able to cope.



What Happens

If you think you would like therapy, please contact me via the Plane Tree or on the contact details below. I will then phone you to have a brief conversation about the type of issues you would like help with. If I think I may be able to offer you something, I will book you in for an initial face-to-face consultation that usually takes between 1-2 hours. This will be a chance to find out a little more about what's been happening for you, for me to let you know what I can offer and for us to make a therapy plan. Therapy usually involves regular 50-minute sessions. The number and regularity of these will be discussed as part of your treatment plan.

Qualifications

- BA (Hons) Social and Economic History
- Conversion Diploma in Psychology
- Doctoral degree in Clinical Psychology (DClinPsych)
- Post graduate Diploma in psychodynamic approaches

Professional Registration

- Chartered Psychologist - British Psychological Society (BPS)
- Registered Psychologist – Health and Care Professions Council (HCPC)

To book an appointment

To make an enquiry or book an appointment, please contact Helen directly at: helen.mann@psychologyeastlondon.co.uk or 07963681889.



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