

HAMPSHIRE PSYCHOLOGY

DR KAREN QUATERMASS

BSc (Hons), Dip.Crim., PsychD., CPsychol.



INTRODUCTION

I am a Chartered Counselling Psychologist specialising in the treatment of a range of emotional and behavioural difficulties including:

- Depression
- Anxiety disorders - including panic attacks, generalised anxiety, obsessive-compulsive disorder
- Post Traumatic Stress
- Addictions
- Adjustment to stressful life events - including divorce, bereavement, redundancy
- Coping with stress
- Anger management

Contact me by [email](#) or by telephone on 07966 192228

TYPES OF THERAPY

I am a Chartered Counselling Psychologist registered with the British Psychological Society. I provide psychological therapy to treat a wide range of emotional and behavioural difficulties:

- Cognitive Behavioural (CBT)
- Psychodynamic
- Humanistic (person-centred)

My doctoral training and clinical experience enables me to assess clients' difficulties from a variety of perspectives and, thus, match the most effective approach to the individual based on specific need and the current research evidence for the most effective treatment package.

Cognitive-behavioural therapy is a relatively short-term psychotherapy; studies have demonstrated that it is as effective as medication for a wide range of psychological problems including depression, anxiety, obsessions and fears. The emphasis is on how you are thinking and behaving now, rather than on your past experiences. Psychodynamic and person-centred approaches focus on gaining understanding and insight about yourself and your past as the precursor to change. At the initial assessment session, I explain the different approaches and answer any questions you have.

Chartered Psychologists are bound by the Code of Conduct and Ethics of the British Psychological Society. This means, amongst other things, that confidentiality is paramount.

QUALIFICATIONS

Counselling psychologists are trained to use a variety of therapeutic ideas and methods. After finishing a bachelor's degree in psychology they complete three years post-graduate, doctoral training at University and within the NHS.

I received my first degree in psychology (with biochemistry) from the University of London, before attending Middlesex University where I received a post-graduate Diploma in Criminology. I obtained my Practitioner Doctorate in Counselling and Psychotherapeutic Psychology from the University of Surrey.

I have worked as a Clinical Psychologist at tertiary level in the NHS within specialist forensic psychology and personality disorder services and in a specialist Dialectical Behaviour Therapy Service.

In these roles I have conducted assessments and treated people with severe and enduring mental health problems such as psychosis, personality disorders, severe anxiety and depressive disorders as well as those who experience extreme emotions, self-harm, self-destructive behaviours and parasuicide/suicidal behaviours.

I have also worked in student counselling services, general psychotherapy, Asperger clinic and learning disabilities services.

CONTACT

You may contact me by email karen@hampshirepsychology.co.uk or on 07966 192228, in confidence.

After initial discussion, if you wish to take things forward, we would meet for an assessment. During this session you would be informed of the diagnosis and we would then discuss the most appropriate and effective course of therapy including its probable duration and cost.

My consulting room is in Oakhanger, near Alton, Hampshire.

Oakhanger is close to Alton and Bordon.

Distances from towns in surrounding area: Farnham (9 miles), Petersfield (10 miles), Haslemere (12 miles), Guildford (25 miles).