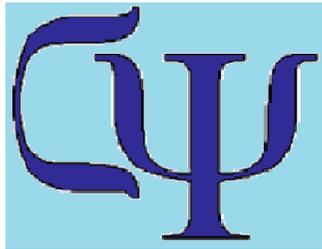


Cathy Wood Psychology

A psychological service providing
assessment and therapy for individuals
in distress.



(Inside Prestatyn Chiropractic Centre)
88 High Street
Prestatyn
Denbighshire, LL19 9BE
Phone: 07976419558
Email: drcathwood@googlemail.com
Web: www.cathywoodpsychology.co.uk



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The
British
Psychological
Society

Chartered Psychologist



Cathy Wood
Psychology



Dr Cathy
Wood

Chartered Clinical
Psychologist
C.Psychol
DClinPsychol

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Cathy Wood Psychology

Working with you to help you to reach your preferred future.

A psychology service with families in mind provided by Dr Cathy Wood, Chartered Clinical Psychologist. Based in Prestatyn, North Wales and providing individual psychological assessment and treatment for adults, young people, and children in psychological distress.

Commencing with an initial psychological assessment and following on with psychological therapy focused on the goals you set.



Therapies provided include:

Cognitive Behaviour Therapy (CBT)
Solution Focused Brief Therapy (SFBT)
Acceptance and Commitment Therapy (ACT)
Narrative Therapy
Behaviour Therapy.

Skills training may include:

Mindfulness
Relaxation
Advanced Parent Training

Difficulties

A variety of difficulties are catered for including:

Depression
Anxieties
Trauma
Childhood Sexual Abuse
Chronic conditions
Physical health problems
Behavioural problems
Low self-esteem.

Fees

Phone for an initial free 15 minute telephone consultation on 07976419558.

Individual sessions—£100 an hour.

Venue

(Inside Prestatyn Chiropractic Centre)
88 High Street
Prestatyn
Denbighshire
LL19 9BE

Telephone therapy sessions may be negotiated, as may home visits and shorter sessions.

Appointments available on Mondays and Fridays 9.30—4.30.

Dr Wood is a recognised provider for insurance companies including SimplyHealth, Aviva, PruHealth and AXA PPP Healthcare.