

Are you feeling depressed, anxious or stuck? Do you struggle with relationships, family, or at work? Have you reached a crossroads, but are uncertain how to move on? Or are you finding it hard to recover after a loss or traumatic experience?

Perhaps you've been thinking of seeking help, but don't know where to start, or whom to trust. I am a qualified, experienced counsellor and psychotherapist working in north-west London. I am registered with the British Association for Counselling and Psychotherapy, British Psychoanalytic Council and the United Kingdom Council for Psychotherapy.

I provide brief and longer-term counselling and psychotherapy to adults dealing with a range of emotional issues, including depression, relationship difficulties, low self-esteem, or loss and trauma.

Therapy can help

Most people experience emotional difficulties at some point in their lives. People seek counselling or psychotherapy for a wide range of issues, including:

- Anxiety, depression or finding it hard to cope
- Difficulty making, sustaining or ending relationships
- Struggling with loss - including serious illness, bereavement, divorce and separation
- Lack of confidence, low self-esteem or feelings of underachievement
- Difficulty adjusting after relocating
- Work-related problems, including redundancy
- Feeling isolated, lonely or empty
- Self-destructive behaviours, self-harming or suicidal thoughts
- Issues around food, weight and shape
- Wanting to understand yourself better
- Finding it hard to let go of the past
- Panic attacks or phobias
- Family crisis or conflict
- Discomfort with identity or sexuality
- Trouble managing anger or other emotions
- Disappointment that life isn't working out as you hoped
- A readiness for change, but uncertainty about how to get there

I offer psychodynamic counselling and psychotherapy in Swiss Cottage, Northwest London, NW6, convenient for central London and north London. My private practice is easy to reach using Jubilee or Metropolitan Underground Lines, major bus routes, and Thameslink and London Overground rail links.

To make an appointment now, phone me on 07881-951741 or send an email to info@lisavaughan.co.uk. Please leave a message; your call will be answered promptly and confidentially.

What happens in therapy?

Counselling and psychotherapy involve a series of regular meetings in which you and your therapist work together to explore and understand your difficulties. It's a collaborative process, tailored to your individual needs. I won't give advice, but instead I will think with you about your life and help you find your own solutions. If you are in immediate crisis and need urgent help, I would urge you to contact your GP, the Samaritans, or visit your local A & E.

Therapy sessions last 50 minutes and offer the opportunity to reflect on how you think, feel, relate to others, and respond to life events. In a professional and supportive setting, you can discuss past experiences, current challenges or hopes for the future. Confidentiality is paramount and you can talk safely without fear of being judged, criticised, rejected or blamed.

Reaching out for help is a step toward making positive changes. Sharing your thoughts and feelings with someone in a safe environment can help you feel supported and less alone. Counselling and psychotherapy are a chance for you to gain self-awareness, explore your potential and live more fully.

Working together

I work from a psychodynamic and psychoanalytic perspective, based on the principle that problems and distress in the present may be related to early experiences. Understanding these can help you gain fresh insights into your life and find the best way forward.

The client/therapist relationship is an important aspect of the therapeutic work. Through talking and thinking together, we will work toward a deeper understanding of your feelings, experiences, relationships, and behaviours or traits that trouble or inhibit you. This can bring relief and open up the possibility of changing unhelpful patterns.

Counselling or psychotherapy?

I offer counselling and psychotherapy on a short-term and longer, open-ended basis. We will discuss your needs and the best treatment options for you over the first few sessions.

Counselling can be effective in focusing on a specific problem, event or situation. Sessions are usually once-weekly, and treatment can be brief or medium-term.

Psychotherapy is more appropriate for complex and long-standing issues, which may have origins in childhood. As more deep-seated issues take time to untangle, psychotherapy tends to be a longer-term and more intensive treatment. Clients often opt for two or more sessions per week. The greater intensity of psychotherapy helps to facilitate the therapeutic process and promote lasting change.

The Next Step

You can contact me by telephone 07881 951741 or email for more information, or to arrange an initial consultation. Your enquiry is strictly confidential. You do not need a referral from your GP to make an appointment.

The purpose of our first meeting, usually about 90 minutes, is to discuss your needs and expectations, and whether counselling could be helpful for you. If you decide to continue, we will agree a regular time to meet each week.

Fees

Fees start at £65 for a 50-minute session. I also reserve a limited number of more affordable spaces for people with low incomes. The initial 90-minute consultation is £85.

My qualifications

I completed my professional training at WPF Therapy, one of Britain's top accredited training institutions with a reputation for clinical and academic excellence. I hold a WPF Advanced Diploma in Once-Weekly

Psychodynamic Psychotherapy, and a Post-Graduate Diploma in Psychodynamic Studies from Roehampton University. I also hold a WPF Post-Qualifying Certificate in Cognitive Behavioural Therapy.

I am a member of the British Association for Counselling and Psychotherapy (BACP) and registered with the United Kingdom Council for Psychotherapy (UKCP). These two organisations are the largest professional bodies for psychotherapists and counsellors in the United Kingdom, and require that all their members are appropriately trained, qualified and accredited. I am also a member of the British Psychoanalytic Council (BPC) and the Foundation for Psychotherapy and Counselling (FPC). I work to the strict ethical codes and professional standards required by the organisations to which I belong.

In addition to my private practice, I have worked in the National Health Service as a counsellor in general practice, at WPF Therapy, and with the national charity Victim Support.

Located in London NW6, Swiss Cottage

My consulting room is a 5- to 10-minute walk from Swiss Cottage and Finchley Road tube stations. It is convenient for Hampstead, Belsize Park, St. John's Wood, West Hampstead, Kilburn, Brondesbury, Cricklewood and Queens Park. It is well served by major bus routes, as well as Thameslink and Overground rail services.

Underground stations

Finchley Road (Jubilee and Metropolitan Lines); Swiss Cottage (Jubilee Line); St John's Wood (Jubilee Line); Kilburn Park (Bakerloo Line).

Rail links

London Overground

South Hampstead or West Hampstead; Thameslink to West Hampstead.

Buses

13, 31, 46, 82, 113, 187, 268, C11.

Parking

There are pay-and-display parking spaces nearby. Parking is also available at Waitrose underground car park, a five-minute walk from my practice

Contact



To arrange an initial consultation or find out more, please contact me by telephone or email. Your messages will be confidential.

Tel: 07881 951741

Email: info@lisavaughan.co.uk

Goldhurst Terrace,
London NW6