

Patrick Santry
Cognitive Behavioural Psychotherapist
BSc (Hons), PG Dip CBT, RSW



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Patrick is an experienced Psychotherapist, having worked in the NHS, the Armed Forces, private practice and at MIND.

"We are all have the potential to live happy and rewarding lives. Sometimes we just need to develop new skills in order to make this happen. I work collaboratively with people, to help them make changes to the way they live day-to-day; enabling the achievement of personal goals."

What is Cognitive Behavioural Therapy (CBT)?

CBT is a psychological treatment that was developed through scientific research. All of the components of CBT have been tested and proven to be effective. CBT focuses on the here and now. Therefore, treatment involves dealing with symptoms you are struggling with at this moment in time, allowing you to achieve goals you have set for yourself.

Areas of Experience

Both individual and group therapy covering: General Anxiety, Depression, Post-Traumatic Stress Disorder (PTSD), Bereavement, Health Anxiety, Stress, Sleep Problems, Obsessive-Compulsive Disorder (OCD), Social Anxiety and Shyness, Specific Phobias, Low Self Esteem, and Performance Coaching.

Please contact to discuss individual requirements

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