

## What can you expect?

- I am trained to a doctoral level in Counselling Psychology
- I am a Chartered Psychologist of the British Psychological Society (BPS)
- I am registered with the Health and Care Professions Council (HCPC)
- I draw on the most appropriate therapeutic approaches to suit your individual needs
- I have access to consultant psychiatrists for medical diagnosis and reports, if required
- I am registered with leading insurance providers such as: Allianz, AXA PPP, Bupa International, Cigna, Vitality Health & WPA
- I offer comfortable facilities in prime London locations such as Hampstead, Canary Wharf and London Bridge
- I consider discretion and confidentiality as of prime importance

## Booking an appointment

I offer appointments at the following London locations:

**1) Hampstead NW3**

**2) Canary Wharf E14**

**3) London Bridge SE1**



For more information or to book an appointment:

**Call: 07530 720 247**

E-mail: [therapy@barbarathurgood.com](mailto:therapy@barbarathurgood.com)

Send a Text: 07530 720 247

Website: [www.drbarbarathurgood.com](http://www.drbarbarathurgood.com)

*Dr Barbara Thurgood*

**Psychotherapy & Counselling  
for Younger or Older Adults**



**Dr Barbara Thurgood**  
Chartered Psychologist & Counsellor



[www.hcpc-uk.org](http://www.hcpc-uk.org)



The  
British  
Psychological  
Society

Chartered Psychologist

**Appointment Times:**

**Monday – Friday 9.00 am – 9.00 pm**

**Saturdays 10.00 am – 2.00 pm**



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## About myself

My name is Barbara. I am a Chartered Counselling Psychologist and Counsellor. In addition to my private practice, I have been a committed volunteer counsellor with AGE UK – the UK's leading charity dedicated to later life – where I counsel people aged 55 years or older.

My clients often tell me that I am a very good listener. For me, two essentials are: understanding an issue from your unique personal perspective; and providing time and space where you may explore and make sense of your experience.

“For most of my life, I have been saying things to people and suddenly realising that they hadn't really understood me. I never felt that with Barbara. She really got everything. I felt that she really was there for me, listening to me very carefully, and caring about the things I was talking about. It was a very positive experience.”

## Who can be helped?

I work with private individuals who are experiencing emotional distress. I also accept referrals from GPs and other professionals concerned with psychological support. My consulting rooms are conveniently based in Hampstead, Canary Wharf and London Bridge. The individuals who contact me are busy professionals or retired people who usually work and/or live around these areas. In particular, I am experienced in the following issues:

- anxiety
- loss & depression
- relationships
- self-esteem & confidence
- stress
- work & career issues
- mid-life crisis
- ageing (loneliness/dependence)
- illness

“The point is I've never liked myself. You've helped me realise that I wasn't such a failure in life. It's me now! It's not just about my income. It was a massive confidence boost for me. Thank you so much!”

## What kind of therapy do I offer?

- therapy on a **one-to-one** basis
- **brief or longer** programmes
- a variety of approaches
- therapy for **different age groups:** younger or older adults & couples

While I work with a wide range of issues, I am particularly interested in working with middle-aged and older adults. I am aware that the experience of growing older may be very different for each individual.

“I grew up during the war and for me the thought of having therapy at my age was strange. In fact, I was very apprehensive and nervous. However, I must admit that Dr Thurgood was both: an excellent therapist and a caring human being. If anyone is considering counselling in later life and would like to allay their fears, I would not hesitate to recommend her.”