



HIGHLY SPECIALIST CLINICAL PSYCHOLOGY & COUNSELLING SERVICES

SERVICES PROVIDED

Third Wave Psychologist is a highly specialist online clinical psychology & counselling service specialising in providing:

- ◆ Psychological Therapy
- ◆ Counselling
- ◆ Family Therapy
- ◆ Couples Counselling
- ◆ Wellbeing Workshops
- ◆ Supervision
- ◆ Reflective Practice

Sessions are available via virtual & telephone formats.



TREATMENTS & THERAPY APPROACHES

Treatments provided by our practitioners are evidence-based & recommended by the National Institute for Health & Clinical Excellence (NICE) guidelines & include:

- Cognitive-Behavioural Therapy
- Mindfulness-Based Therapies
- Relaxation Therapies
- Community Psychology Approaches
- Person-Centred Counselling
- Systemic Therapies

Sessions are a person-centred, collaborative venture. We endeavour to work in partnership with clients, recognising & valuing the unique experiences, knowledge & skills each person brings with them in to therapy. Interventions are always based on a thorough assessment of each client's personal circumstances, preferences & need.

AREAS OF SPECIALITY

Our practitioners specialise in the following areas:

- ◆ Common mental health conditions & difficulties e.g. low mood, depression, stress, anxiety, worry, panic, anger, low self-esteem, bereavement & adjustment difficulties
- ◆ Long-term physical health conditions e.g. IBS, COPD, chronic pain, fatigue, diabetes, asthma, obesity, long covid
- ◆ Neuropsychological conditions e.g. stroke, MS, Parkinson's, brain injury
- ◆ Perinatal mental health e.g. pre and post natal depression & anxiety, adjustment difficulties, new mother & father wellbeing
- ◆ Staff & student wellbeing

TESS (EMPLOYEE SUPPORT SERVICE)

Our Third Wave Employee Support Service (TESS) offers highly specialist mental health & wellbeing support to business & organisations across the UK, including:

- Counselling & Psychological Therapy
- Wellbeing Workshops
- Supervision
- Reflective Practice



Our TESS programme endeavours to support employees to manage a range of mental health difficulties as well as to support workforces with significant events such as bereavement of a colleague or changes to operations.

TRAINEE & QUALIFIED PSYCHOLOGISTS, THERAPISTS & COUNSELLORS

The wellbeing of healthcare professionals is an area that Third Wave Psychologist champions. With over 15 years experience providing supervision, reflective practice & wellbeing interventions for healthcare staff as well as undertaking research exploring the experiences of, & effective interventions for, trainees & qualified therapists, we have been able to develop effective interventions & approaches tailored for healthcare professionals.

We welcome both trainee & qualified clinicians as clients, as well as aspiring clinicians looking to pursue a career in clinical psychology or counselling. It would be our pleasure & privilege to support you in your personal & professional developmental journey.

LOW COST COUNSELLING SERVICE

Aligned with championing the wellbeing of healthcare professionals, Third Wave Psychologist endeavours to support the professional growth & development of such practitioners. We have combined this with our commitment to providing affordable counselling & therapy services.

Our low cost counselling sessions are delivered by highly skilled counsellors & psychologists in training, who are supervised by senior clinicians with several years of experience. Such practitioners are in their final stages of training & have completed substantial learning prior to clinical work.

This service is suitable for people experiencing mild to moderate mental & physical health difficulties & is subject to availability.

About the Service Lead:



Dr Lucy Kozlowski is a registered Clinical Psychologist with a passion for developing & providing high-quality clinical psychology & counselling services.

Education, Qualifications & Experience:

Dr Kozlowski's qualifications include:

- BSc (Hons) psychology & computing
- MSc clinical psychology
- Professional doctorate in clinical psychology

Dr Kozlowski has worked across a range of NHS & independent organisations over the past 15 years including stroke, chronic pain, inpatient & outpatient mental health, forensic, perinatal & physical health services.

Publications:

Dr Kozlowski has collaborated on research papers & projects exploring effective assessments & interventions within the field of neuropsychology, long-term health conditions & healthcare staff wellbeing. She has also authored a book chapter exploring the psychological management of pain.

Health Care and Professions Council Registered:
PYL34531

Enhanced DBS Number:
001271140051

PRICE LIST

Service	Price
1:1 Psychological Therapy	£95.00
Family Therapy Session	£120.00
Couples Therapy Session	£100.00
Counselling Session	£55.00
Sessions for trainee practitioners	£75.00
Low Cost Counselling	£35.00 (from)
Email sessions	£65.00

CONTACT INFORMATION

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