



SINCLAIR-STRONG

CONSULTANTS LTD

CARING FOR MENTAL HEALTH



Welcome to Sinclair-Strong Consultants Ltd

We are a Kent based psychology service offering high quality assessment and treatment for individuals experiencing anxiety, depression, trauma and other mental health difficulties.

Our client-focused service is run by Drs Neil Sinclair and Linda Strong, Chartered Clinical Psychologists with extensive knowledge and experience in adult mental health. Therapy sessions are offered in private consulting rooms at Churchill Square in Kings Hill.

The aim of our service is to promote psychological well-being that enables individuals to maximise their potential, cope with challenging circumstances and live fulfilling lives. Assessment and treatment is offered to individuals, couples and older children, with an emphasis on problem-solving and a collaborative approach. This is achieved through regular one-to-one sessions using evidence based assessments and therapeutic interventions to address current difficulties.

SINCLAIR-STRONG CONSULTANTS Ltd

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The
British
Psychological
Society

Chartered Psychologist



Background

Sinclair-Strong Consultants Ltd has provided a private psychology service in Kent since 2001. The principles, Neil Sinclair and Linda Strong, are registered with the Health & Care Professions Council and British Psychological Society and have over 40 years' experience between them. This husband and wife partnership began their careers in Perth, Western Australia before moving to England in 1996. As well as setting up a private practice, they have both worked for the NHS for several years, as well as non-profit organizations, government departments and the private sector.

Sinclair-Strong Consultants Ltd also employs the services of other Clinical, Counselling, Forensic and Assistant Psychologists to ensure you receive prompt and effective treatment. They offer a confidential service on a private basis for individuals experiencing a wide range of difficulties including:

- Anxiety and phobias
- Depression
- Trauma & Bereavement
- Interpersonal difficulties and self-esteem issues
- Learning disabilities, challenging behaviours and Autism Spectrum Disorders (including Asperger's Syndrome).
- Medico-legal assessments and reports

Before treatment begins, you will be offered an initial assessment, during which we will clarify your current therapeutic needs and answer any questions or concerns. We will also discuss the goals you wish to achieve and how we can work together to achieve them. Following the assessment, which can take one to two sessions, you will be given a treatment contract, which will include an indication of the number of sessions required and the type of treatment to be offered. Typically, 8-12 therapy sessions are recommended followed by a review to ascertain progress. Appointments usually occur on a weekly basis initially, before gradually reducing in frequency as treatment goals are achieved.

Once treatment is complete, we like to ensure you continue to make progress and are available for a six-monthly review session if required. You will also have the opportunity to provide feedback to us via a standard feedback questionnaire.



Our Team

Dr Neil Sinclair BAppSc GradDipSS MPsych PhD CPsychol has practiced as a Clinical Psychologist since 1982 and accepts referrals within general adult mental health and primary care (GP). Neil also has extensive experience in learning disability, community and forensic settings, and specialises in the assessment and treatment of severe challenging and offending behaviour, including clinical risk management. He has comprehensive knowledge of service provision including National Minimal Standards, Clinical Governance and Programme design and implementation. Dr Sinclair has lectured at a number of Universities in the UK and Australia, held senior Clinical Psychology and Clinical Services posts, and has prepared medico-legal reports for Criminal Proceedings including Crown Court.



Dr Linda Strong BAppSc GradDipPsych GradDipCS DPsych AFBPsS CPsychol is a Clinical Psychologist and EMDR Europe Consultant/Supervisor with broad experience in adult mental health. Linda specializes in the assessment and treatment of psychological trauma, depression and anxiety disorders using both cognitive behavioural therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR). She also provides clinical supervision to other mental health practitioners and has been invited as a guest speaker to address several professional organisations. Linda has worked in several settings including in-patient psychiatric hospitals, community mental health teams within the NHS, the Western Australian Police Service and a number of private mental health facilities. Within the last fifteen years, Linda has also developed particular expertise in medico-legal assessment of personal injury and provision of court reports as an expert witness.

Dr Tony Parker BA BAHons MA DipForBehSci DClinPsy AFBPsS CPsychol qualified as a Clinical Psychologist in 1986 and practiced in the NHS for 18 years before moving to the private sector in 2004. He works primarily within the Adult Mental Health specialty with a strong focus on providing cognitive behavioural therapy (CBT) and related interventions in managing depression, the spectrum of anxiety disorders, PTSD, work related stress and personality problems. He brings with him a wealth of experience in training others in CBT and therapeutic skills in both academic and occupational health settings. Tony also provides specialist psychological assessments to guide others in intervention management and is registered as an expert witness for medico-legal assessments. He is an established clinical supervisor of mental health practitioners and acts as staff supervisor in various mental health settings.



Dr Fiona MacDonald BSc Hons DClinPsy CPsychol qualified with a Doctorate in Clinical Psychology in 2002 and for ten years worked within the National Health Service (NHS) in hospital and community settings in Lancashire, North and West Kent, Leeds and Sheffield. Fiona has worked with both children and adults with learning disabilities and primarily uses a Cognitive Behavioural approach. Fiona specializes in treating severe challenging behaviour, providing individual therapy, as well as working systemically with support staff and families. Fiona joined Sinclair-Strong Consultants Ltd in May 2013 and this is her first post within the private sector.

Mr Leigh Curtis BAppSci GradDip MClInPsych CPsychol qualified as a Clinical Psychologist in 2004. He works primarily with individuals providing CBT and EMDR for anxiety, depression and substance misuse, but also works with groups, couples and families. He worked in the NHS for 12 years and established a private practice in 2008. He has extensive experience in Forensic settings, providing psychometric assessment, intervention and risk management for people with severe and enduring mental illness, including trauma, along with personality difficulties. He has supervised individuals and multi-disciplinary groups for many years and provided training on a wide variety of subjects including how to work with personality disorder, stress management and psychological formulation.





Mrs Madelene Richardson BSc Hons PostMScDip CPsychol is a Counselling Psychologist who specialises in cognitive behavioural therapy (CBT), Dialectical Behaviour Therapy (DBT) and Eye Movement Desensitization and Reprocessing (EMDR). She has a background in working with both adults and adolescents and has experience in the assessment and treatment of anxiety disorders, depression, eating disorders and personality problems. Madelene (Maddy) has worked in a variety of settings including in-patient psychiatric hospitals, private practice and forensic environments, and has specialist expertise with learning disabled clients. She also has experience in individual and group therapy.

Dr Jacqui Turner BSc Hons PsychD CPsychol graduated from Aston University with an Honours Degree in Human Psychology and went on to complete a Doctorate in Psychotherapeutic and Counselling Psychology at Surrey University. Since qualifying in 1998, Jacqui has worked in various NHS and private settings with both adults and children using Cognitive Behaviour Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR) and has expertise in treating trauma, depression, the spectrum of anxiety disorders, PTSD, stress and bereavement.



Ms Rachael Massey BA PGCE BSc MSc is a Forensic Psychologist with Sinclair-Strong Consultants. In 1999, Rachael left her career as an English Teacher to become a Psychologist. After re-training, she spent over four years working as an Assistant Psychologist before undertaking a Masters Degree in Forensic Psychology. Rachael has considerable understanding of the forensic environment, particularly those with a learning disability and offending history. She has sound experience in facilitating treatment groups for this client population, and in compiling risk assessments within secure and community step-down services.

Dr Claire Salmond MA MSc PhD DclinPsych CPsychol qualified as a Clinical Psychologist in 2008. Her clinical interests include the assessment and treatment of depression, self-harm, anxiety, PTSD and personality disorders, in both adolescents and adults. She also has extensive research experience in neuropsychology, particularly in autistic spectrum disorders and traumatic brain injury. Her experience includes working in inpatient and outpatient settings, consultancy work in learning disability and providing training to fellow professionals. She is also an Associate Lecturer in Cognitive Psychology with the Open University. Dr Salmond joined Sinclair-Strong Consultants Ltd in November 2013.



Ms Natasha Silos BSc Hons, MSc completed her Bachelor of Science Degree in Psychology at Queen Margaret University, before undertaking a Masters Degree in Forensic Psychology at the University of Kent, where she graduated with a Distinction. She has previous experience of working with children, homeless individuals, within the prison service and in a secure service for individuals with learning disabilities. Natasha has worked as an Assistant Psychologist for Sinclair-Strong Consultants Ltd since March 2013 and in 2015 she became a Trainee Forensic Psychologist.



Lauren Brockett BSc Hons MBPsS completed her BSc in English Literature and Psychology at Oxford Brookes University, graduating in June 2016. Lauren has volunteered for many years working to support vulnerable families before employment as an Assistant Psychologist in an Acute Mental Health Inpatient setting on graduating. Lauren joined Sinclair-Strong Consultants Ltd as an Assistant Psychologist in July 2017. Lauren has a keen interest in Business Psychology and aspires to become a Clinical Psychologist..



Cory Walters-Wright BSc Hons, completed his BSc in Psychology at the University of Kent and is currently undertaking a Masters Degree in Forensic Psychology. He has previous experience working in the community with individuals who have had their first episode of psychosis, and on intensive care wards. Cory aspires to become a Clinical Psychologist and has been working as an Assistant Psychologist for Sinclair-Strong since June 2017.

Ms Alice Brownlee BSc Hons, completed her BSc in Psychology at the University of Birmingham. She has previous experience in educational/residential and health care settings working with children with ASD and associated mental health disorders and who presented with challenging behaviour. Alice hopes to undertake a Masters Degree in the future and aspires to become a Clinical Psychologist. Alice has been working as an Assistant Psychologist for Sinclair-Strong since June 2017



Alessio Udovisi (BSc Hons) completed his BSc in Psychology at Brunel University in 2015. He has been working as an ABA therapist for two years at Rainbow School in London. The school is supervised by Dr. Carbone Bcba-D and specializes in treating challenging behaviour and teaching children with ASD using applied behavioural analysis and verbal behaviour principles. Alessio has been working as an Assistant Psychologist for Sinclair-Strong Consultants Ltd since September 2017 and aspires to become a Clinical Psychologist.

Mrs Theresa Williamson is employed as Office Manager and PA to Dr Sinclair. If you require any information about Sinclair-Strong Consultants Ltd please do not hesitate to contact Theresa on 01732 523490 or 07512 679525.





Types of Therapy

Cognitive Behavioural Therapy (CBT) is a popular psychological therapy with extensive evidence for its effectiveness, which is used for the treatment of a variety of mental health problems such as Depression, Anxiety, Post Traumatic Stress Disorder (PTSD), Personality Disorders and Self-Esteem Issues. CBT recognises that negative thoughts can affect our mood and wellbeing, and are often distorted and unrealistic. CBT therapists help individuals identify and change maladaptive patterns in thinking (cognitions), behaviour and feelings by firstly recognising the interaction between the three components, then developing alternative, more adaptive and realistic patterns. This is accomplished by questioning assumptions and beliefs underpinning the maladaptive process, challenging and restructuring maladaptive thinking, facing previously avoided situations and activities, and developing new ways of thinking, interacting and behaving. The process of change requires good collaboration between therapist and client, and homework assignments are an integral component of therapy.

Eye Movement Desensitization and Reprocessing (EMDR) was first developed by Francine Shapiro in the 1980s as a treatment for trauma related psychological problems, particularly Post Traumatic Stress Disorder. Over time it has gained popularity with clinicians and is now used to treat a variety of problems associated with unresolved life experiences including trauma related disorders, such as driving phobia. EMDR is an adaptive information processing treatment which incorporates a standardised protocol consisting of eight phases. Preparation for EMDR is essential and includes developing methods of relaxation and strategies to deal with the distress often associated with painful traumatic memories. During EMDR treatment, memories, beliefs and physical sensations associated with past trauma are identified. Then, using either side-to-side eye movements or another form of bilateral stimulation (non-intrusive), disturbing material is 'reprocessed' until the individual can think of the memory without undue distress. In the final stage of treatment, a positive belief about the person is linked to the traumatic memory (e.g. 'I did the best I could' or 'I'm ok just the way I am').





Referral Procedure

Appointment Availability

Referrals are accepted direct from clients, GPs, Consultant Psychiatrists or other mental health practitioners. Clinic appointments are available Monday to Friday from 9:00am to 5:00pm. However, early morning and after hours' appointments can be arranged upon request. Under exceptional circumstances home appointments can also be arranged. Please speak to your clinician to discuss your requirements

Fees

Standard one-hour therapy session fees are between £110 to £130 per hour session depending upon the qualification and experience of the clinician. All clinicians are registered with major health insurance providers such as BUPA, AXA PPP, Aviva, Standard Life and Pru Health.

Billing Procedure

Invoices are rendered at the end of each month for all services, payable within 7 days. Our preference is to receive payment by BACS (Account number 68230760; Sort code 08-92-50), although cheques are also accepted (made payable to Sinclair-Strong Consultants Ltd). Late payment will be subject to interest in accordance with UK Late Payment Legislation. For all enquiries please contact our accounts department — heather@sinclairstrong.co.uk

Cancellation Policy

We would appreciate at least 24 hours' notice prior to cancellation of appointments, otherwise a cancellation fee will apply. Cancellation of appointments should be avoided if possible as regular attendance is extremely important for therapeutic change to occur. Therapeutic contracts will be reviewed after the third missed appointment.





CHURCHILL BUSINESS CENTRE,
Building 70 Churchill Square, Kings
Hill, West Malling, KENT ME19 4YU

Churchill is sign posted off Gibson Drive, with free parking offered on site. Alternatively, buses are available from the West Malling Train Station, West Malling High Street and Maidstone Bus Station.

On arrival for your appointment please report to Building 70 and buzz Room 17 (SSC Admin) on the intercom as the building is securely locked. If you have an After Hours appointment the Suite No for the corresponding therapist is listed beside the panel. On entering the building, please take a seat in the waiting area to be met by your therapist.

OFFICE MANAGER: Theresa Williamson

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