



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

Building 80
Churchill Square
Kings Hill West Malling
Kent ME19 4YU

Phone: 01732 523490
Fax: 0800 0488718

neil@sinclairstrong.co.uk
linda@sinclairstrong.co.uk



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.

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 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 Georgia Juett BSc(Hons) DCLinPsy AFBPsS CPsychol qualified as a Clinical Psychologist in 1997 and has practiced in the NHS for 22 years before moving into the Private Sector in 2019. She has worked primarily within the Adult Mental Health specialty and also more recently with Older Adults, with a strong focus on providing specialist psychological assessment and evidence-based treatment of depression, the spectrum of anxiety disorders, PTSD and personality problems. She is also experienced in providing cognitive behaviour therapy for work-related stress and difficulties adjusting to long term medical conditions and associated disabilities. Georgia has an interest in learning disabilities and autism and has published research relating to challenging behaviour and direct care staff in community residential settings. She brings with her a wealth of experience in consultation to teams and training others in therapeutic skills. Georgia is also an experienced clinical supervisor of mental health practitioners in various mental health settings, providing regular input to the local Clinical Psychology Doctorate Training Scheme.





Dr Alex Hope BA MSc DClinPsy completed her training as a Clinical Psychologist with Royal Holloway, University of London, in 2005. Post qualification, she was employed by the NHS in West London, then spent 8 years in Eastbourne, Sussex, before moving over to the private sector in 2016. She has extensive experience of working with adults across the spectrum of mental health conditions within inpatient and community settings. Alex has been trained in a range of psychological treatment approaches for individuals, groups and families including Systemic, CBT and DBT. She is also an accredited supervisor who has introduced supervision initiatives for groups and individuals. Alex joined Sinclair-Strong Consultants Ltd in May 2019.

Mr Leigh Curtis BAppSci GradDip MClInPsych CPsychol qualified as a Clinical Psychologist in 2004. He works primarily with individuals providing CBT 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.



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.

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 Chantelle Yow-Foo BA Hons TESL PGCE PGDip SLT completed an Honours Degree in Linguistics with minors in Psychology and Physiology at the University of Toronto. She has a background in teaching children at all key stages, with a strong emphasis on supporting children with additional communication and physical needs. Chantelle has been a Speech and Language Therapist since 2012 and has worked in the private sector specialising in supporting adults with dual diagnosis, learning disability and mental health issues, as well as those with Autistic Spectrum Disorder, challenging behaviour and sensory imbalance. Chantelle joined SSCL in 2018 to assist with the Kent and Medway Community Autism Service (KAMCAS).

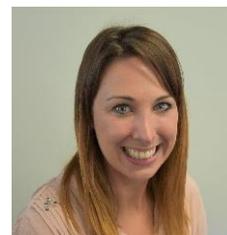


Paula Farrell DipCOT, BSc Interprofessional Health & Social Care (psychosocial interventions) is an Occupational Therapist with extensive experience of working with adults with Learning Disabilities and diagnoses across the mental health spectrum. Qualified in 1978 in Dublin, Paula has worked in a medium secure forensic hospital, acute in-patient wards, as well as learning disability training centres and community mental health teams. She has been Head OT in both forensic and private settings, setting up several OT Departments and updating others. She has also trained in 'individual placement and support' at London Metropolitan University to assist people with mental illness to resume employment. Paula has facilitated the STEPPS programme for clients with Emotionally Unstable Personality Disorder in the community, and set up a small business in Thanet in 2017 to support adults with High Functioning Autism Spectrum Condition to manage their daily activities whilst coping with underlying sensory and emotional issues. Paula's vision is to create a 'hub' in Thanet so that people with Autism Spectrum Condition can access OT treatment through activities based on interventions that lessen distress in everyday interactions.



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.

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



Dr Emily Blake BSc Hons MSc PhD completed her BSc in Psychology at the University of Kent, before undertaking an MSc in Forensic Psychology there. Emily then undertook a PhD focusing on the offence supportive cognition and social perception deficits of men who are at risk of being sexually aggressive. Since then Emily has had Research Worker roles at the Tizard Centre and the Centre for Child Protection, both at the University of Kent. Alongside her roles as Research Worker Emily has also been involved in teaching undergraduate and postgraduate students in all areas of Psychology, with a focus on Forensic Psychology and mental health. Emily joined Sinclair-Strong Consultants Ltd. in October 2018.

Maddison White MBPsS completed her Psychology Degree at the University of Leeds and became a member of the British Psychological Society in June 2018. Maddison has previous experience in working with children who have Autism Spectrum Disorder, using applied behavioural analysis (ABA) techniques to help treat their challenging behaviour. Maddison aspires to become a Clinical Psychologist and has been working as an Assistant Psychologist for Sinclair-Strong Consultants Ltd since December 2018.





Tom Sandford BA Hons, MSc completed his MSc in Psychology at Canterbury Christchurch in 2018, graduating with Distinction. He has previous experience providing statutory advocacy services under the Mental Capacity Act 2005 and Deprivation of Liberty Safeguards, working with a wide variety of service users in a number of different settings. He joined Sinclair-Strong Consultants Ltd in December 2018 as an Assistant Psychologist and hopes to pursue a career as a Clinical Psychologist

James Dennis BA Hons, MSc graduated with MSc Psychology from Canterbury Christchurch with distinction in 2018. James, who previously worked in television production and electronics industries before undertaking his Masters Degree, has worked as a research assistant and support worker. He joined Sinclair-Strong Consultants Ltd in October 2019 as an Assistant Psychologist and hopes to pursue a portfolio career as a psychologist practitioner alongside psychology research.



Simran Bains BSc Hons completed her BSc in Psychology at the University of Southampton, where she was involved in numerous voluntary schemes to support the mental health of her peers. Simran has previous experience in paediatrics and assisted in the delivery of therapeutic interventions for those with chronic illnesses. Simran joined Sinclair-Strong Consultants Ltd in April 2020 and aspires to be 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.

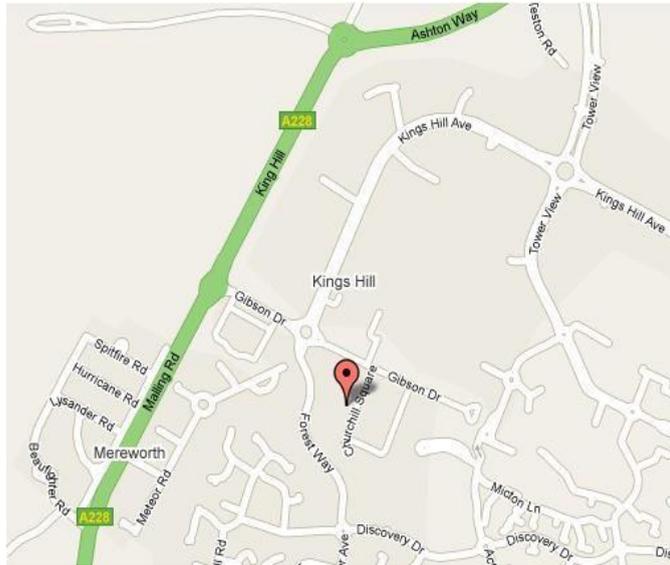
Billing Procedure

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 80 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 80. If you have an After-Hours appointment please press the corresponding Suite No on the entry panel located outside, which your therapist will advise. Once you have entered the building please take a seat in the waiting area nearest the staircase and your therapist will collect you from there.

OFFICE MANAGER: Theresa Williamson

01732 523490 / 07512 679525
theresa@sinclairstrong.co.uk