



THE AWARENESS CENTRE
A LEADING PROVIDER OF
COUNSELLING & PSYCHOTHERAPY
THROUGHOUT LONDON

THE AWARENESS CENTRE WHO WE ARE

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"Talking therapy has changed my life, helping me much more than I thought it could.

I would encourage anyone who is considering counselling to go for it." L.B

THE AWARENESS CENTRE (TAC) WAS ESTABLISHED IN 2005 AND HAS A TEAM OF MORE THAN 350 THERAPISTS OFFERING CONFIDENTIAL COUNSELLING, PSYCHOTHERAPY AND PSYCHOLOGY ON A SHORT-TERM AND OPEN-ENDED BASIS TO SUPPORT THE MENTAL HEALTH AND EMOTIONAL WELLBEING OF INDIVIDUALS, COUPLES AND FAMILIES.

All TAC's counsellors, psychotherapists and psychologists either work from The Awareness Centre branches in Clapham and Tooting, or from other consulting rooms throughout London, accessed through the TAC Directory of associate therapists.

Our therapists provide face-to-face, telephone or online sessions. We also offer low-cost and NHS counselling services.

MANAGING DIRECTOR

MICHAELA MCCARTHY



MICHAELA MCCARTHY IS THE MANAGING DIRECTOR OF TAC. SHE IS ALSO A SENIOR BACP-ACCREDITED COUNSELLOR AND PSYCHOTHERAPIST AND QUALIFIED SUPERVISOR WITH MORE THAN 20 YEARS' EXPERIENCE WITHIN THE PRIVATE, VOLUNTARY AND NHS SECTORS.

Michaela is well known within the psychotherapy field for being dynamic, ideas driven, and passionate about setting up new programmes and ventures. She blends her entrepreneurial drive with her clinical background to create innovative projects and services that always hold clients' wellbeing in mind.

She set up TAC in 2005 to make therapy accessible to all who want to embark on a journey of self-discovery and change. She continues to drive TAC's growth through opening new centres, collaborating with a range of organisations to launch new services, and most recently in setting up the TAC Training School.

TAC TOOTING
74-80 UPPER TOOTING ROAD
LONDON SW17 7PB

OUR THERAPY SERVICES **WHAT WE DO**

THE AWARENESS CENTRE PROVIDES THERAPY SERVICES FROM OUR CENTRES IN CLAPHAM AND TOOTING AND ACROSS LONDON THROUGH OUR TAC DIRECTORY OF ASSOCIATES.

OUR TEAM AT THE AWARENESS CENTRE OFFERS ...

- Counselling
- Psychotherapy
- Psychology
- Face-to-Face, telephone & online counselling
- Private therapy
- Low-cost therapy
- Self-funding or private healthcare funding

OUR SPECIALIST SERVICES INCLUDE ...

- Addiction counselling
- Anger management therapy
- Bereavement counselling
- Child & adolescent counselling
- Eating disorders therapy
- Family therapy
- LGBTQ counselling
- Multilingual counselling
- Sex & relationship therapy

anger

sexuality

self-confidence

stress

bullying

illness

bereavement and loss

dementia

trauma

anxiety

family issues

isolation and loneliness

abuse

**ISSUES WE WORK
WITH INCLUDE**

self-harm

addiction

sex & relationships

guilt & shame

communication issues

depression

workplace issues

eating disorders

personality disorders

pregnancy & childbirth

life transitions

low self-esteem

gender & identity

rape

asperger's syndrome

suicidal thoughts

lgbtq

post-traumatic stress disorder

OUR THERAPY SERVICES

THERAPEUTIC APPROACHES

- ☑ COGNITIVE ANALYTICAL THERAPY (CAT)
- ☑ COGNITIVE BEHAVIOURAL THERAPY (CBT)
- ☑ EXISTENTIAL THERAPY
- ☑ EYE MOVEMENT DESENSITISATION & REPROCESSING (EMDR)
- ☑ FAMILY & SYSTEMIC THERAPY
- ☑ GESTALT THERAPY
- ☑ HUMANISTIC THERAPY
- ☑ INTEGRATIVE THERAPY
- ☑ PERSON-CENTRED COUNSELLING
- ☑ PSYCHOANALYSIS
- ☑ PSYCHOANALYTIC THERAPY
- ☑ PSYCHODYNAMIC THERAPY
- ☑ RATIONAL EMOTIVE BEHAVIOUR THERAPY
- ☑ TRANSACTIONAL ANALYSIS
- ☑ TRANSPERSONAL & PSYCHOSYNTHESIS THERAPY

JOHN MANLEY

CLINICAL LEAD, LAMBETH TALKING THERAPIES

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The Awareness Centre continuously provides an excellent counselling service in partnership with Lambeth Talking Therapies, with an overall 95% patient satisfaction level.



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41 ABBEVILLE ROAD
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74-80 UPPER TOOTING ROAD
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www.theawarenesscentre.com

THE AWARENESS CENTRE **WORKING IN PARTNERSHIP**

THE AWARENESS CENTRE RUNS SUCCESSFUL PARTNERSHIPS WITH THE SOUTH LONDON AND MAUDSLEY NHS FOUNDATION TRUST (SLAM) TO PROVIDE COUNSELLING TO PATIENTS REGISTERED AT GP SURGERIES IN LAMBETH, AND WITH THE SOUTH WEST LONDON AND ST GEORGE'S MENTAL HEALTH NHS TRUST (SWLSTG) TO PROVIDE COUNSELLING TO PATIENTS REGISTERED AT GP SURGERIES IN WANDSWORTH AND SUTTON.

TAC provides thousands of counselling sessions every year to help more people access psychological therapy in Lambeth, Wandsworth and Sutton. We regularly achieve strong recovery rates for patients, and we ensure there are short waiting times for sessions.

We are looking for new opportunities to partner with other organisations to create a tailor-made service to suit clinical need. We can work with you to offer counselling sessions in-house, or within one of our centres or consulting rooms throughout London.

HENDRIK HINRICHSEN

CONSULTANT PSYCHOLOGIST AND CLINICAL LEAD, TALK WANDSWORTH

The Awareness Centre, working in partnership with the Talk Wandsworth (IAPT) Service, has supported the delivery of an outstanding service, meeting the needs of our clients while maintaining excellent recovery rates.



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ALL ENQUIRIES

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