



## **THE AWARENESS CENTRE**

**A leading provider of counselling,  
psychotherapy, psychology, and  
psychosexual & relationship therapy**

## The Awareness Centre

# Who We Are

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. We work with children, adolescents and adults.



*“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.

All TAC's counsellors, psychotherapists, psychologists or psychosexual & relationship therapists either work from The Awareness Centre in Clapham or Tooting, or from our practice in Wimpole Street, Marylebone. 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 MBACP senior accredited Counsellor, psychotherapist, psychosexual & relationship therapist and qualified supervisor with more than 25 years' experience within the private, voluntary and NHS sectors.



*I've been a client of Michaela's since my early twenties. She's always been professional and reliable – and I particularly enjoy her holistic, relaxed approach. Now in my early thirties, there is no doubt that working with her has enabled me to articulate what I want from my life and make that happen.*

- I.B.



Michaela 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, TAC's Training School, collaborating with a range of organisations to launch new services, and works in private practice with a team of associates consultants in Wimpole Street, Marylebone.

## Our Therapy Services

# What We Do

The Awareness Centre provides counselling, psychotherapy, psychology and psychosexual & relationship therapy services from our centres in Clapham, Tooting and from our practice in Wimpole Street, Marylebone. We offer face to face, online phone therapy and we also have a low cost and NHS counselling service.

### 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
- ✓ Trauma therapy treatment

anger self-confidence  
sexuality  
stress bullying illness  
bereavement and loss  
trauma anxiety dementia  
isolation and loneliness  
lgbtq+ family issues  
abuse  
self-harm  
sex & relationships addiction  
communication issues guilt & shame  
workplace issues depression  
personality disorders eating disorders  
pregnancy & childbirth life transitions  
low self-esteem gender & identity  
rape asperger's syndrome  
suicidal thoughts lgbtq  
post-traumatic stress disorder

## Issues we work with include

## 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



*I am so grateful to have found The Awareness Centre, it has helped through some tough times and the support of my counsellor has allowed me to regain confidence in myself and life. I would recommend if anyone feels they need to talk through anything, here is definitely the place to do so. Thank you.*

- H.B.



*My therapy sessions have been very effective. I have noticed improvement in my general life and wellbeing. The sessions consist of good constructive conversation and feedback. I feel comfortable, recognised and understood by my therapist.*

- J.



## 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, 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 and one health Lewisham (OHL) to provide counselling registered at GP surgeries in Lewisham.

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

TAC is looking for new opportunities to partner with other organisations to create a tailor-made service to suit clinical need. TAC can work with you to offer counselling sessions in-house and online.



*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.*

- Hendrik Hinrichsen,  
Consultant Psychologist and Clinical  
Lead, Talk Wandsworth



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

- John Manley,  
Clinical Lead, Lambeth Talking  
Therapies



## Our Courses

# TAC Training School

The Awareness Centre (TAC) Training School offers courses of excellence in counselling.



TAC Training School offers a three-year face to face counselling training, including a one-year Foundation Certificate in Counselling and a two-year Diploma in Integrative Counselling. TAC also provides counselling placements within our NHS and Low-Cost Counselling Services.

TAC Training School offers a first-class diploma in clinical supervision both online and face to face courses. TAC has also designed workshops for corporate companies to support their employees on team building/development and to support mental health at work. TAC is interested in new partnerships with other organisations to create a tailor-made service to support your team/s and can provide these workshops/events either in house or online.



*After searching many counselling courses online, I came across the Foundation Certificate in Counselling course with The Awareness Centre. I can clearly say that now I am halfway through the course, it is one of the best decisions I have ever made.*

- S.C.





*There are so many opportunities on the course for personal and professional growth, within a safe and encouraging environment. The course content is progressive and the tutors, supervisors and staff are supportive and genuinely caring.*

- A.M.



*Our attendees have rated their workshops top for Learning Outcomes and would recommend them to colleagues (and they do!). We work with TAC as they bring a unique combination of knowledge of the workplace and expertise from therapy. Their facilitators are pragmatic and engaging creating a safe learning experience so our attendees not only learn, they reflect and take practical steps to apply their learning.*

- Financial Times

 FT

## The Awareness Centre

# Where and When To Find Us

### Appointments are available 7 days a week:

- ✓ Monday to Friday 7:00 am - 10:00 pm
- ✓ Saturday 9:00 am - 5:30 pm
- ✓ Sunday 10:00 am - 2:00 pm
- ✓ 020 8673 4545



### Clapham Centre

41 ABBEVILLE ROAD  
LONDON SW4 9JX



### Tooting Centre

74 - 80 UPPER TOOTING ROAD  
LONDON SW17 7PB



### Wimpole Street, Marylebone

85 WIMPOLE STREET  
LONDON W1G 9RJ



**ALL ENQUIRIES**

**020 8673 4545**

**info@theawarenesscentre.com**

**www.theawarenesscentre.com**