

# Psychology Services

Karen is a Chartered Clinical Psychologist with 17 years experience in the National Health Service and specialist expertise in assessment and intervention for child and adolescent mental health, autistic spectrum disorders and developmental delay.

Her assessment and therapeutic work is based on training and experience in well established psychotherapies including:

- **Cognitive Behaviour Therapy (CBT)**

which aims to identify and change unhelpful patterns of thoughts or behaviours which may have their roots in past experience

- **Family/Systemic Therapy**

which aims to explore patterns of relationships, including couple and parenting relationships, and to improve effective communication, joint parenting, negotiated agreement and understanding of roles within the family

- **Specialist approaches for Autistic Spectrum Disorders**

e.g. Picture Exchange Communications System (PECS) and Structured Teaching (TEACCH)

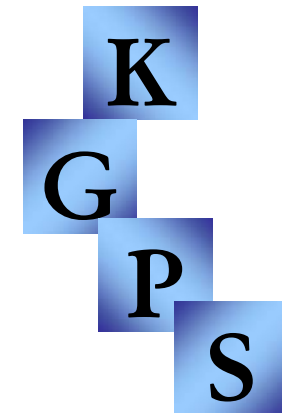


**KAREN GREEN  
PSYCHOLOGY SERVICES**

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# Psychological Assessment and Therapy



**Karen Green  
Psychology Services**

**Psychological Assessments, Diagnosis,  
Therapy, Consultation and Training**

Chartered Clinical Psychologist  
BUPA and WPA recognised practitioner

**K**

# Karen Green Psychology Services

**G****P****S**

*Karen has the experience and skills to support people who have a range of concerns*

## Assessment and Psychological Therapies for children and adults:

Adjustment and Coping

Anxiety, Stress, Anger Management

Attention Deficit and Hyperactivity Disorder

Autistic Spectrum Disorders

Behaviour Management Approaches and Positive Parenting

Bereavement and Loss

Confidence and Self-Esteem

Depression and Low Mood

Developmental Delay and Disability

Eating and Weight Management

Fears and Phobias

Obsessions

Pain Management

Relationships, Attachment, Separation and Divorce

Social and Communication Skills

Trauma and Post Traumatic Stress Disorder

## Teaching, Training, Consultancy and Supervision:

Autistic Spectrum Disorders

Attention Deficit and Hyperactivity Disorder

Parent Workshops

Other aspects of Adult, Child and Family Psychology, by arrangement

## Multi-Professional Assessment and Diagnosis, by arrangement:

Autistic Spectrum Disorders

Attention Deficit and Hyperactivity Disorder

Developmental Delay

Workshops/Groups by arrangement e.g. Anxiety Management, Eating and Weight Management, Self Esteem

Through sensitively paced exploration together, unhelpful patterns of thinking and behaving are identified and better understood. New and more constructive ways of thinking and behaving are developed together, building on an individual's own resources and strengths. This helps improve self-esteem, confidence and coping.

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