



HarrisHoward  
Psychology Practice

Our practice times are flexible to meet the needs of those who are working full-time and find it difficult to attend appointments during the day or working week. Individuals can self-refer or GP's can send a referral letter to our office at the address below. There are a few options in regard to payment for therapy including self-funding, private health insurance or funded through the NHS.

All practitioners working in HarrisHoward have Chartered Psychology status with the BPS (British Psychological Society), are Registered Psychologists with the HPC (Health Professions Council), and Accredited Psychotherapists with the BABCP (British Association of Behavioural and Cognitive Psychotherapists).

Please also visit our website for more information about us and our services.

[www.harrishoward.com](http://www.harrishoward.com)



HarrisHoward

First Floor, 25 Frederick Street,  
Edinburgh, EH2 2ND

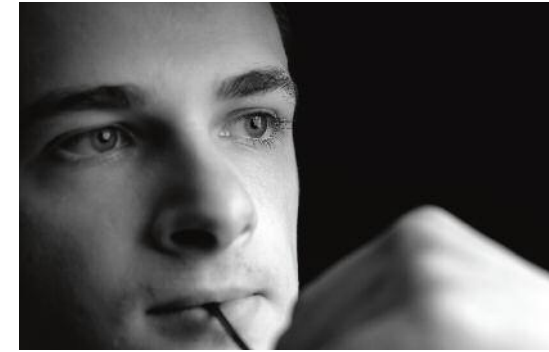
**T.** 0131 226 3849 **F.** 0131 225 5121

**E.** [info@harrishoward.com](mailto:info@harrishoward.com)

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HarrisHoward Psychology Practice is based in Central Edinburgh and provides a service for people presenting with a wide range of problems including the following:

- Post-traumatic Stress Disorder
- Complex Trauma
- Adjustment Disorders
- Anxiety/depression
- Driving or travel phobia
- Physical/sexual abuse
- Rape
- Attachment difficulties
- Childhood negative experiences
- Addictive behaviours

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We use a range of interventions, including CBT (Cognitive Behavioural Therapy), EMDR (Eye Movement Desensitisation and Reprocessing) and Sensorimotor Psychotherapy to treat our clients. We have found that combining these approaches has been particularly useful and effective in helping our clients learn to understand, cope with, control and overcome their problems.

We have a special expertise in providing therapy for people who have developed psychological and emotional difficulties following a trauma and are happy to offer initial, free consultations to discuss our services with potential clients. In this way, we can both decide if we will be able to work together and more importantly if trust can be established.

As we recognise that therapy is a partnership, all treatment plans are developed to fully meet a client's needs in a collaborative and respectful way. The plan will list the areas to work on, goals, methods to be used, time and energy commitments, and can be revisited as therapy progresses.