

Making An Appointment

To arrange an initial appointment please call 01844 355585. If I am unavailable please leave a message and I will return your call as soon as possible. If you are not available, any message I leave will be discreet.

When you first contact me, it is helpful if we have a free short telephone conversation (around 10-15 minutes) so that we can talk through what has brought you to therapy, and how it may be able to help you. Following this, if you feel comfortable to proceed, we will make an appointment for an initial assessment session where we can discuss your difficulties in more detail. The assessment session is an opportunity to for us both to explore the issues that may be troubling you, and how they are impacting your life and wellbeing. It is also a good opportunity to express any concerns, or ask any questions that you may have about therapy. At the end of the assessment, I will share with you my understanding of what we have discussed, and what may be the appropriate therapeutic way forward.

If you prefer, you can e-mail me at Simon@ChilternPsychologicalServices.co.uk

All information is treated in the strictest confidence.

You do not need to be referred by your GP or any other health practitioner.

Daytime, evening, and early morning appointments are available.

Attending an initial session does not commit you in any way to ongoing therapy.

Sessions are available by Skype. Please contact me for details.

Location

The Sanderum Centre
Sanderum House
Oakley Road
Chinnor
OX39 4TW



My practice is based in the village of Chinnor which is on the border of Buckinghamshire and Oxfordshire.

It is 20 minutes drive from both Aylesbury and High Wycombe, 10 minutes from the market town of Thame and 25 minutes from Oxford. The M40 motorway is accessible at Junction 6 – only four miles away.

The Chiltern Railways Mainline Station of Haddenham and Thame Parkway is 4 miles away, making the practice easily accessible from London Marylebone (45 mins), Aylesbury (20 mins) and Bicester (20 mins).

Dedicated free parking for the building is available. There is also on-street parking nearby.



 **Chiltern
Psychological
Services**

**Dr Simon Rowbottom
PsychD CPsychol**

Chiltern Psychological Services
Psychology, Psychotherapy & Counselling

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About My Service

Many of us find that life often confronts us with unexpected emotional challenges, relationship difficulties, psychological pain, or challenging situations. At times like these, we can often feel distressed, overwhelmed, and not know where to turn for help.



I offer evidence-based psychological therapies for a wide range of emotional, relational, and behavioural difficulties. I am trained in a range of therapeutic approaches, which means that I am able to consider a person's difficulties in a way that suits their individual needs.

I provide a therapeutic experience where a person can feel safe and secure within a non-judgemental professional environment provided by a competent and experienced practitioner. As a registered and chartered psychologist, I am committed to the codes of ethics for the Health & Care Professions Council (HCPC) and the British Psychological Society (BPS) and adhere to their professional standards and practices.



Difficulties that my service can help with include:

- Depression
- Anxiety
- Self-esteem
- Grief and loss
- Phobias
- Insomnia
- Panic attacks
- Relationship issues
- Obsessive Compulsive Behaviour
- Post-Traumatic Stress
- Stress management
- Work difficulties
- Phobias
- Trauma

About Me

Dr Simon Rowbottom - PsychD, CPsychol

I have a doctorate in Psychotherapeutic and Counselling Psychology, which means that I work in way that combines three different therapeutic approaches - Cognitive Behavioural Therapy (CBT), Psychodynamic Therapy, and Humanistic/Person-Centred Therapy. I also draw on other specific approaches such as Mindfulness-Based Cognitive Therapy (MBCT), Acceptance and Commitment Therapy (ACT), and Compassionate Mind Training.

I have worked in Oxford Health NHS foundation trust's Psychological Services department, a community mental health team for Berkshire Mental Health NHS foundation trust, and have experience working within an NHS psychotherapy department. These roles involved working with a broad spectrum of psychological distress and mental health difficulties, ranging from mild to severe and enduring.



Dr Simon Rowbottom - PsychD, CPsychol

I have conducted research in the area of the male gender role, and its associated psychological distress and this is an area in which I specialise. I continue to be involved with the writing and dissemination of research in this area.

I am registered with The Health & Care Professions Council. This is a government appointed body that regulates health, psychological, and social care professionals. In order to protect the public, the organisation keeps a register of health and care practitioners who meet professional standards for their training, skills, and conduct. I am also a Chartered Psychologist with The British Psychological Society - the representative body for psychology and psychologists in the UK, responsible for the development, promotion and application of pure and applied psychology.

