Choosing the right therapy

We offer the following short-term therapies

Cognitive Behavioural Therapy (CBT)

CBT is a practical, problem solving approach that focuses on your problems in the 'here and now. CBT helps you to change the way you think and behave and improve the way you feel. It teaches you to gradually confront and overcome your fears.

Counselling and Psychotherapy

This provides support, advice and guidance to help you overcome problems such as loss or bereavement, stress, relationship problem and early childhood trauma.

Couples Therapy

This is used to help people with mild to moderate depression where relationship issues are the main problem. Couples are seen together with a Therapist.

Group Therapies

These informal sessions allow one or more of our Therapists to meet with a group of people who are dealing with similar issues and helps manage problems such as stress, bereavement social anxiety or phobias.

Feeling stressed, anxious or low?

We can help you conquer a wide range of psychological and emotional problems.



Contact us

for details of clinics in your local area

T: 01332 265 659 F: 01332 265 753 E: enquiries@trentpts.co.uk www.trentpts.co.uk Trent PTS
Woodlands Lodge
111 Uttoxeter New Road
Derby, DE22 3NL

Your options for dealing with psychological problems.





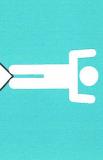




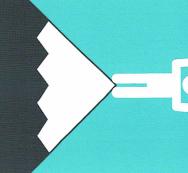
some point in our life health problems at experience mental One in four of us will

We're here to help.

Problems we can help with:



We provide short-term therapies that can:



How to get help

- Complete our Referral Form and post or fax it to us

- Contact us by telephone on 01332 265 659

What to expect



