

# DLG PSYCHOLOGY

## INDEPENDENT CLINICAL PSYCHOLOGY SERVICES

Dr Lindsay Gorrill qualified as a Clinical Psychologist in 2007. She is a Chartered Clinical Psychologist and holds a practising certificate through the British Psychological Society (BPS). She is also a registered Practitioner Psychologist with the Health and Care Professions Council (HPCP) and is bound by the code of conduct and ethical principles set out by these organisations.

Dr Gorrill has many years of clinical experience working within the NHS across all age ranges and within a variety of NHS settings, most recently in a community mental health team in East Sussex and before this in a specialist inpatient rehabilitation service in the Kent and Medway NHS Trust. She is now offering private psychology services to children, their families as well as adults. She is married, lives locally in Sevenoaks and has a young family. She enjoys running and other sports.

**Services offered:** Either following a self-referral or a referral from a health professional Dr Gorrill will offer thorough assessment, formulation and where appropriate therapeutic intervention. All services will be tailored to the needs of the individual/family.

Dr Gorrill is an empathic, personable and dedicated psychologist, who aims to work collaboratively with the individual/family, utilising a friendly, yet entirely professional approach to therapy. As a Clinical Psychologist she is trained in a variety of therapeutic approaches including Cognitive Behavioural Therapy (CBT), and adopts an integrative time-limited approach to therapy. She has a number of years experience in mental health services and offers psychological assessment, formulation and therapeutic intervention for a range of complaints, including anxiety (e.g. social anxiety, obsessive compulsive disorder, phobia, panic disorder), depression, stress, bereavement and loss, and low self-esteem/low confidence. In particular she has a specialist interest and clinical experience in the assessment and treatment of Obsessive Compulsive Disorder.

**Clinical Process:** Assessment - An initial assessment session will normally last 90 minutes. During the assessment space will be provided to discuss any difficulties an individual/family may be experiencing and to think about how psychological assessment and/or therapy may be of benefit. Simple questionnaires may also be completed. Where appropriate clients may be signposted towards other relevant services.

Therapy - Following the initial assessment a number of therapy sessions will be offered (the timing and length of therapy will vary and will be reviewed at regular intervals). Each session (60 minutes long) will provide clients with the space to talk, understand, and reflect upon any difficulties they may be experiencing currently or have experienced in the past.

Dr Gorrill sees clients at both the South Park Medical Practice and Springbank Clinic, Sevenoaks. She offers appointments during the daytime and evenings.

**Referral:** If you would like further information, have any questions or would like to arrange an appointment/make a referral please phone Springbank Clinic on 01732 453956 or contact Dr Gorrill directly either via phone: 07516181727 or email: [lgorrill@dlgpsychology.co.uk](mailto:lgorrill@dlgpsychology.co.uk). Further information can also be found on her website: [www.dlgpsychology.co.uk](http://www.dlgpsychology.co.uk).