

Therapy with Dr Catherine Sykes



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Therapy Approach

Those of you who work in law and finance in The City of London are the high performing elite of your professions. Yours are intrinsically challenging occupations that come with extraordinary demands and stresses, on which you may at times thrive. Yet, despite outward appearances you may not be happy. Your health may be suffering. The stress, and other events in your life, can impact your mental and physical health. At these times, you may need experienced professional support to get your life back on track. I work with high achieving City professionals like you, so have unique insights into your organisational culture and the psychology of high achievers. With this specific knowledge of your day-to-day context, I begin our exploration to bring change by understanding and exploring your challenges and their causes. I believe that thriving in life is important for psychological well-being. Once we understand and can manage your symptoms, I help you look at what is needed to thrive at home and at work.

Well-being and thriving are the goals, not merely the eradication of symptoms.

I have over 25 years' experience of delivering and researching psychological services. During this time, I have developed my own approach that rapidly helps you to discover the core reason for your problems. I draw upon a range of psychological approaches such as Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), hypnosis, interpersonal neurobiology to provide you with optimal therapy solutions.

I work with my clients to develop the right personalised psychological tools and techniques to support change. I pride myself on my ability to help my clients make positive changes so they can be happy, healthy and enjoy and maintain their success.

I primarily work with people who have work, health and relationship related anxieties and adjustment issues. I specialise in working with professionals facing:

- **Burnout & Career Wounds** – Helping you recover from chronic stress, workplace trauma, and professional dissatisfaction while rediscovering fulfilment.
- **Panic Attacks & Anxiety Disorders** – Providing strategies to manage overwhelming fear, intrusive thoughts, and the physical symptoms of anxiety.
- **Illness Anxiety Disorder** – Supporting those struggling with excessive worry about health and medical conditions, fostering a sense of control and peace of mind.
- **Depression** – Guiding individuals through feelings of sadness, hopelessness, or exhaustion to rediscover joy and motivation.
- **Life Transitions** – Helping you navigate major personal and professional changes with clarity and confidence.
- **Relationship Intelligence** – Strengthening your ability to build and maintain healthy professional and personal relationships, improving communication and emotional awareness.

I work collaboratively with my clients, equipping them with personalised psychological tools and techniques that foster resilience, well-being, and lasting success. Beyond symptom management, I help individuals gain a **sense of agency**, strengthen their **self-confidence**, and develop the **relationship intelligence** needed to thrive both personally and professionally

MEET THE TEAM

Gemma Adams

Gemma is an experienced PA who will facilitate your booking appointments experience. She is on hand to answer booking related queries and generally ensure the administration of booking your appointments goes smoothly.



Nyree Hearne

Nyree is an experienced bookkeeper. She has a keen eye for detail. She will send you or your healthcare insurance your invoices. She will liaise with your health insurance provider and do her best to take away the admin stress of chasing payments, so you don't have to.

USEFUL INFORMATION ABOUT THE PROCESS

You will also be asked for your contact details. The data will be stored on a password-protected cloud-based platform. I access this database from my desktop computer. I may contact you using these details in relation to your therapy. For example, I might send reminders about certain tasks agreed upon in the therapy session. If you do not want to be contacted, please inform me at any point during your therapy sessions. If you do not wish for your contact details to be held on any of the above technologies, please inform Gemma, my PA (appointments@drcatherinesykes.com). Please note that I employ experienced professionals in my business. Anyone who works for me is required to sign a confidentiality agreement and to follow high standards of data protection.

During your appointment, I will take notes on a note-taking device to help with the process of therapy. It can be useful to take notes during your sessions. You may find it useful to buy a notebook dedicated to your therapy appointments.

All identifiable client data is stored separately in a database. I will file your notes after the last session. If you decide at any point that you no longer wish to continue sessions, please send me an update, and then your file will be closed. Files will be deleted two years after your file is closed unless you ask me to delete them sooner or keep them for longer.

If you decide a break from therapy would be useful, please discuss this with me. I manage my capacity to take on new clients very carefully, so it is useful for me to know if there are going to be any gaps. If you take a break longer than 4 weeks then you will be treated as a returning client. I give appointment priority to returning clients before new clients but you may have to wait until an appointment becomes available.

It is a professional requirement for therapists to discuss clients with a supervisor. The supervisor helps by offering ideas to help improve the therapy. It gives the therapist an opportunity to think about clients in a confidential setting. The clients' full names are not used during supervision.

You may feel strong emotions when you engage in therapy. You may even feel strong emotions towards your therapist (such as anger, frustration, a desire to please etc.). The process of therapy can be difficult, and change can be accompanied by confusion and anxiety. We can discuss these emotions. You will need to accept some degree of strong emotions for change to occur. It is usually in the early and mid-points of therapy that clients tend to feel worse. This is all part of the process of change.

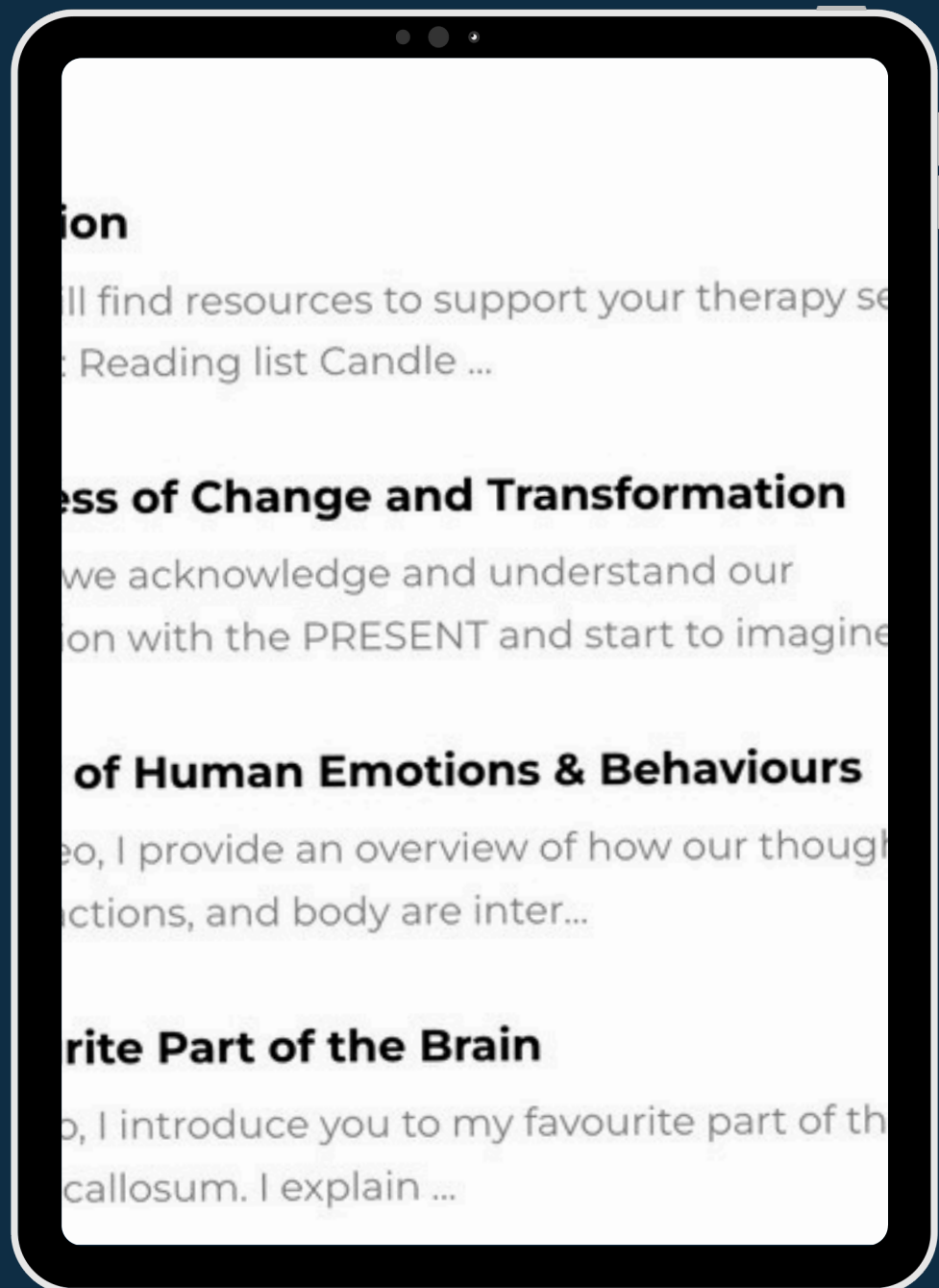
BOOKING YOUR APPOINTMENT

After you have completed the enrolment form and provide details of your payment method, you will be sent a link to book your appointments. You are advised to book at least 5 sessions in advance at the start of your therapy. You should aim to book sessions weekly or fortnightly. If you need any help booking your appointment, you can always [email appointments@drcatherinesykes.com](mailto:appointments@drcatherinesykes.com)



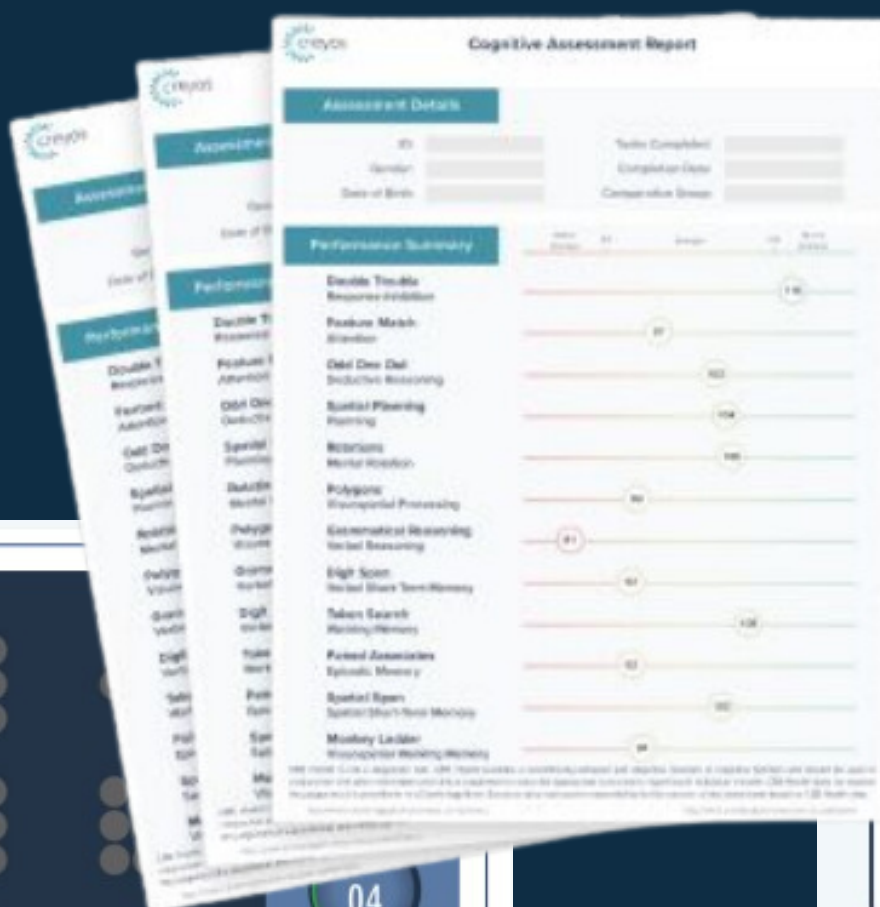
CLIENT RESOURCES

I have developed an extensive range of copyrighted resources to help you understand key psychological concepts.



Creyos Assessments

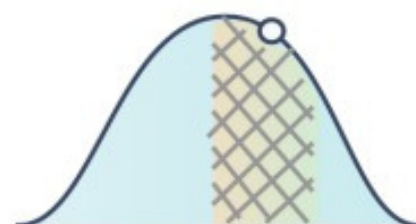
I subscribe to an online platform called Creyos. You will be sent regular online assessments to monitor your mental health. If needed I can assess your general brain health and screen for ADHD and PTSD.



Current Result

AVERAGE

62nd Percentile





WHAT YOU CAN EXPECT FROM ME

I guarantee you that when I show up for your session, I am fully available for you. To enable me to be present for you, I start my working day doing yoga, I eat well, and I spend time looking through my notes to prepare for your session.

I remove all distractions and make sure that I am conducting our sessions in a space where confidentiality is guaranteed.

WHAT I NEED FROM YOU

To enable yourself to get the most out of your session, I suggest you remove distractions, use a stable device if you are having an online session and plan your session at a time when you know you can be available for your session.

Please do not answer your phone in the middle of your session.

Please do not book an online session when you are in sole charge of a baby or young child.

If you really must answer the door in the middle of our session, please don't take your device with you, we can pause the session until you are ready to re-engage.

RESPECT

My team and I all value the importance of respectful communication. We will communicate with you with respect and do our utmost best to provide a smooth and effective service. We expect the same respectful communication in return.

PAYMENT & FEES

Once payment has been made, you will be sent an email with an enrolment form and a link to my diary so you can book your sessions straight away

If you have private healthcare insurance, your private healthcare insurance provider will be invoiced for your appointment.

Please check with your provider that they cover you for your particular issue. Insurance companies work in different ways, so it is important for you to find out as much as possible about your cover. Some companies may offer a set number of appointments, others may give a certain budgetary limit and it is the responsibility of the client to work out how many appointments the limit covers. It is important to understand that I don't work directly for insurance companies. Your insurance company is a third party in our relationship. The contracting relationship is between you, the client and me, the service provider. Some insurance companies require me to write reports to continue sessions. If you ask me to write a report, I will take that to understand that you are happy for me to disclose details that you have provided me in our sessions. If there are any details you do not want to disclose, please let me know at the point of requesting a report.

I run a full-time practice which aims to make the process of receiving and paying for services as smooth as possible for my clients. For this I employ 4 experienced members of staff, a Business Manager, a PA, Bookkeeper and a Graphic Designer.

The fees I charge pay for corporation tax, income tax, national insurance, salary & pension, sick pay, holiday pay, staff, office costs, rent, accountancy fees, training and professional development, professional subscriptions, software licenses, access to health insurance billing systems (some insurance companies charge us just to submit invoices to them!), state- of- the- art assessment and mental health monitoring software fees and other overheads such Information Commissioner's Office registration and assessment of engagement fees.

Please be aware that I work with a debt collection agency for invoices that are 30 days overdue. Please send an email appointments@drclatherinesykes.com if you have any problems making payment.

PSYCHOLOGICAL SESSIONS - FEES

With 25 years experience of in delivering and researching psychological services, I have developed my own style that rapidly helps you to discover the core reason for your problems. I draw upon a range of psychological approaches such as Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), hypnosis, somatic psychology, positive psychology, and interpersonal neurobiology to provide you with optimal therapy solutions.

Fees include assessments and reports.

Packages

1-hour therapy session

£ 495

This rate offers more flexibility to book sessions as you go without committing to book several sessions in advance. This rate also gives you access to my urgent appointments. This suits people with very busy changeable diaries.

10 hourly sessions

£3,550

5 hourly sessions

£1,800

Moving Forwards- 5 sessions

£2,495

Burnout to Brilliance - 15 sessions

£7, 400

Winning Again - 20 sessions

£9, 900

Following completion of your sessions, you may need to book an extra session in the future to go over issues covered in your 5/10 session package.

Follow-up booster session (you can book up to 2 sessions at this rate within a year of your last block-session booking)

£295

If you are unable to pay in advance, a payment schedule can be discussed.

CANCELLATION POLICY

Please provide as much notice as possible if you need to cancel or change an appointment. All cancellations and amendments must be sent via email to **appointments@drcatherinesykes.com**, and please copy **catherine@drcatherinesykes.com**.

Please note that declining a calendar invitation is not sufficient notice.

Alternative Options

- Zoom or telephone sessions can often be arranged as an alternative to cancelling. Please mention this in your message if you'd prefer to explore this option.

Cancellation Terms

Single Sessions

- The **full session fee** is payable if you provide **less than five working days' notice** (Monday–Friday, excluding weekends and bank holidays), **whatever the reason**.

Double Sessions

- The **full session fee is payable** if you provide **less than fifteen working days' notice** (Monday–Friday, excluding weekends and bank holidays), **whatever the reason**.
- If **more than two double sessions** are cancelled, you will no longer be eligible to book double sessions going forward.

Additional Information

- Accidental double bookings (e.g., booking two sessions on the same day but only intending to attend one) are also subject to the full cancellation fee. You will be charged for **both** sessions. Please ensure you carefully note your bookings to avoid this.
- **Private healthcare providers** may not cover cancellation fees. Please email **appointments@drcatherinesykes.com** if your insurance company does not pay for cancellations.
- These terms are non-negotiable. They have been developed from years of experience in running a busy private practice in Central London, and reflect what is necessary to maintain availability and continuity for all clients.
- If you feel unable to accept this cancellation policy, I would respectfully suggest that you consider alternative services. I am happy to help you understand the reasons behind the policy if needed.
- **Please note:** If you question or disregard this policy, it may indicate a lack of understanding or respect for these terms, and as such, **further sessions may not be offered**.

GIVING BACK

I have a weekly free session that I provide to people who work in the City of London and who don't have the means/insurance cover to pay for their treatment. This includes people who work in the NHS and the police.

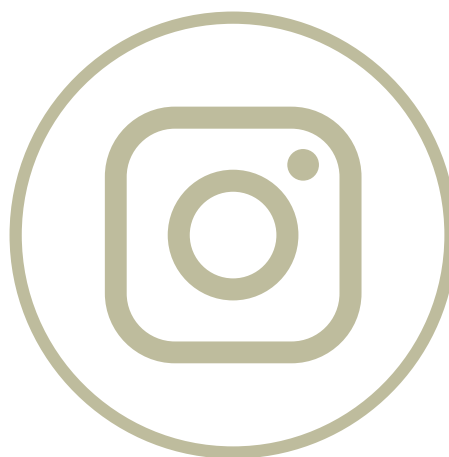
PRIVACY POLICY

Please see separate document or <https://www.drcatherinesykes.com/privacy-policy/>

COMMUNICATION

Gemma is my Executive Assistant and she can be reached on email at appointments@drcatherinesykes.com

Click the icons below to explore our website and social pages.





Arrival at The House on Snow Hill

The nearest tube stations are St Paul's or Farringdon. At the top of Snow Hill, at its junction with Holborn Viaduct, you will see a pair of red iron gates in front of a church. Come through the gates into the courtyard, The House is the building right in front of you.

Please try to arrive as close to the time of your appointment as possible so that when ringing the bell, you do not disturb the previous session. Please ring the bell next to the name plate for *Catherine Sykes*. Please note that if there is a room change, the name plate will be in a different place. If an early arrival is unavoidable, please ring the 'reception' bell and a member of staff will let you into the building, however, please note that The House does not operate a full reception service and so can't always guarantee to be available to answer the bell.

There is a waiting area on the ground floor at The House.

The House Partnership
1 Snow Hill Court
London EC1A 2EJ