



Select Healthy Mind

Psychotherapy & Counselling in Windsor
for Adults, Children & Adolescents

welcome to Select Healthy Mind Psychotherapy
... your bridge to a brighter tomorrow



www.selecthealthymind.co.uk



Who are we?

Select Healthy Mind is a reputable and established Windsor Psychotherapy Practice founded in 2013 by Clinical Director and Senior Psychotherapist Barbara Paczkowska BSc (Hons), MSc CBT, (BABCP Accredited.)

Together with her daughter Joanna Paczkowska BSc Pg. Certificate, Pg. Diploma, MBACP - it aims to provide qualified, expert advice through individually tailored therapy offered to adults, children and adolescents experiencing a range of emotional and troubling mental health issues.

It has developed to recognise that the type of therapy given must reflect each individual's distinct personality and needs and as such adapts any required treatment to suit the client not the issue or condition itself.

Therapy is provided in a safe and non-judgmental environment where at all times you feel acknowledged, listened to and supported. We work with clients at our private offices in Thames Street, just below the historic Windsor Castle and also offer counselling via SKYPE online.

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I truly believe that the insights & tools I learnt at Select Healthy Mind will provide the bedrock on which I can confidently build the rest of my life. I consider myself extremely fortunate to have found a therapist who took the time to understand me as a person and didn't just concentrate on my imperfections ...but always encouraged me to look for the positive ...thank you SHM. ”



What we do?

Our Philosophy:

We are committed to providing you with a safe, confidential space to talk, explore, heal and grow. Our therapists will help you to understand your areas of difficulty, gain relief from present symptoms and develop resources to cope in the future.

We believe in a mind-body connection so that improvements in psychological well-being translate into physical vitality. The benefits of our psychotherapy include self-insight, inner fulfilment, raised self-esteem, a positive outlook and improved relationships.

The therapists work with adults, couples, families, adolescents and children

Areas of Specialty include (but not limited to):

- Clinical Depression
- Generalised Anxiety Disorder (G.A.D)
- Specific Phobias
- Obsessive Compulsive Disorder (O.C.D)
- Health Anxiety
- Post Traumatic Stress Disorder (P.T.S.D)
- Self Esteem Issues
- Panic Attacks / Panic Disorder
- Sleep Disorders
- Chronic Pain
- Eating Disorders
- Chronic Fatigue Syndrome
- Chronic Pain
- Eating Disorders
- Chronic Fatigue Syndrome

“
My sessions in Windsor will remain precious to me for the rest of my life. The peaceful and comforting location set me at immediate ease and I learnt so much about myself in what was a relatively short period of time I consider it the most priceless investment in my overall well being that I have ever made
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Who can we help?

The clients who contact us are varied and come from all walks of life. Many are self-referred, although we do take G.P. referrals from people living and working in Windsor and the surrounding area.

Most of our clients prefer face-to-face contact as therapy takes place in a quiet and relaxing office environment.

However, SKYPE counselling can be offered as an alternative when available.

Therapists place a high priority on discretion and confidentiality for all our clients.

Who can we help?

- We are an established practice with a strong proven track record of client commitment and satisfaction.
- Therapists are dedicated to helping those who wish to improve their mood and emotional wellbeing
- Therapists are trained in general assessments and between them are able to help in almost any issue
- Our therapists believe every individual is unique and as such draw upon a number of different approaches according to your individual needs.
- All therapists are trained and educated in the UK's foremost Psychotherapy institutions and are experts in their fields.
- Our offices are based in central Windsor, yards from the river Thames and quiet Royal Parks for peaceful reflection pre and post sessions.
- We are open most days, so appointments can be made at a time to of your best convenience.

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Select Healthy Mind taught me that therapy is an ongoing process to be practised every day. The staff are genuinely concerned that you leave feeling empowered & confident you are equipped with the correct skills and understanding you can call upon anytime you may need them in the future. This sets Select's approach apart from others. ”

Call today for a quick chat to see how we can help put you back on the path to recovery.



Where are we?

Select Healthy Mind offices are based in Windsor, Berkshire.

Regus Building, 59-60 Thames St., Windsor, Berkshire, SL4 1TX

How to book?

Call us today on : 075 1407 1824

Email us today for more information: selecthealthymind@gmail.com

Please visit our website : <http://www.selecthealthymind.co.uk>

Sessions are available via:



“
Barbara and Joanna showed me that once the often 'very scary' first step of actually seeking help was taken ...the path to a brighter, more positive tomorrow became so much clearer and achievable. Select offers a non-judgemental environment where hope becomes reality and fear is a battle we can win!
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Opening Hours*

Monday-Friday 8am-10pm,

Saturday & Sunday 8am-8pm



*Appointments are usually arranged within 48 hours of initial contact. Some practitioners are registered with health care providers such as: AXA, Vitality, Cigna, Aviva, BUPA International.



