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Online now

Geraldine Fogarty

Hons BA Psychotherapy, Dip Child Psychotherapy

Religion: Catholicism

Languages spoken: English

Specialisms include:

- Attachment -Based Therapy
- Attachment Therapy
- Behaviour Modification Therapy
- Behaviour Therapy
- Brief Therapy
- Child Psychotherapy

Hourly rate: GBP65.00

If you would like to ask the therapist a question before making a booking click the link below.

Profile

Hello my name is Geraldine Angela and I am 45 years old, while I have experienced some life I hope to have a lot more living in front of me to come. Although I am a qualified psychotherapist with a Hons Degree and a wide variety of other academia, I view them just as qualifications that enable me to do my job well, this space here is where I get the opportunity to talk with you about who I am, which will help you decide if I might be the kind of therapist that you would like to engage with as we begin the journey together. As a child I attended school along with my 6 brothers and sister, but admit I did not enjoy it very much and left just as soon as I could.

The years have rolled by quickly and I have worked in a variety of social care positions, with people from all walks of life, and have learned the hard way that life is tough and not all things fit nicely in a square box. I love to travel and have met some wonderful people along the way, I have enjoy experiencing the different foods, traditions of their culture, and way of life. Many years ago on my travels I read this saying and it has always stayed with me and in some ways is responsible for me becoming a therapist as I truly believe these words.

Feedback



Positive = 1

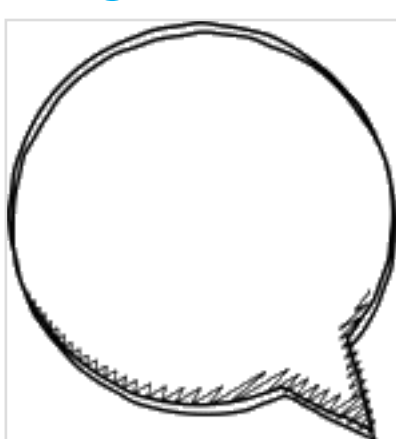


Neutral = 0



Negative = 0

Blogs

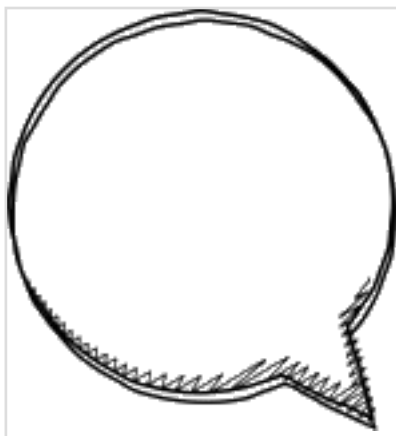


27 Jan

Psychotherapy and Buddhism help heal Cambodia's wounds

www.tosps.com is delighted to see that the stigma surrounding counselling is even been broken down by the Monks in Phnom Penh in Cambodia, who are actively encouraging people to engage in a new approach to healing psychological wounds by combining aspects of western psychotherapy with traditional Buddhist Meditation. The Monks encourage people to engage in group therapy so as to share their story of what they went through during the war years.

Reporter Nick Wood spoke to Dr.Mung Sothara a Psychiatrist who is running this new approach along with the Monks, estimates that 35% of people in Cambodia are suffering with post traumatic stress disorder and that as Buddhist is what a large percentage of people follow, it became clear that the best way forward to treat people who are suffering with psychological wounds was to combine the two together. Please see full report on <http://www.bbc.com/news/world-asia-29188641>.



22 Sep

Psychotherapy-just-effective-anti-depressants-beating-blues

As we here in www.tosps.com always say, its good to talk and researchers led by Doctor Jürgen Barth University of Bern, Switzerland found that Non-drug therapy, such as psychotherapy, is just as effective for treating depression as taking anti-depressants, according to a new study.To read more of this story follow the link <http://www.dailymail.co.uk/health/article-2332188/Psychotherapy-just-effective-anti-depressants-beating-blues.html#ixzz3RBB1klh>

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