



Therapist Search

Choose a specialism

OR

Enter a keyword...

Gender

Female

Male

All

Prefered Language

Choose a language

Currently Online

Online Now

Any Time

Prefered Availability

Choose a date...

GMT Time:

From...

To...

Prefered Religion

Choose a religion

Search

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Sadat Malik

PG Diploma, Integrative Psychotherapy,
Anxiety, Depression, Relationship
Issues

Religion: Non-religious

Languages spoken: English



Offline - Leave a message

Specialisms include:

- Attachment Therapy
- Client Centred Therapy
- Dream Work Therapy
- Emotionally Focused Therapy
- Existential Therapy
- Integral Therapy
- Integrative Psychotherapy

Hourly rate: GBP60.00



Book this therapist

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



Got a question for the therapist

Profile

I am a qualified, UKCP accredited, Integrative Psychotherapist working in Central London.

I work with a wide range of issues, specialising in **depression**, low **self-esteem**, **co-dependency** and **relationship issues**, be it with a significant other, family members, socially or at work. I have a particular interest in working with **addictions**, developmental **trauma** and **eating disorders**.

Drawing on my extensive experience of the corporate environment I can offer specific support for professionals (especially young) suffering from **stress**, **anxiety**, and loss of **purpose**. I also work closely with adult survivors of difficult childhoods, especially people who are coming to terms with various forms of **abuse or neglect** (be it physical, emotional or sexual).

Feedback



Positive = 0



Neutral = 0



Negative = 0

Blogs

Contact the therapist

To contact the therapist please fill in the form below:

My Name:

My Email address:

Subject:

Message:

File Attachment:

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