

ADHD BABES

Black Therapists

Marlene Daley

Contact:

02084647488

07956166474

Prices:

£35-40 per hour - 1 to 1 sessions

£100 for 2 hours - group session

Workshop Topics/Specialties:

- Shame
- Self-esteem
- Trauma

Links:

<http://www.integratedthinkingtherapies.co.uk>

<https://www.baatn.org.uk/find-a-psych-therapist/#!biz/id/597aaf9a07ac80e25d14a96d>

Prices:

£50 per hour - 1 to 1 sessions

£35 per hour - 1 to 1 concession

Further concessions for unemployed individuals

Free spaces (1 slot)

Workshop Topics/Specialties

- Person centred approach

Links:

[https://www.psychologytoday.com/gb/counselling/adhd/england/773290?](https://www.psychologytoday.com/gb/counselling/adhd/england/773290?sid=5fb43a92ebefd&spec=334&ref=14&tr=ResultsRow)

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Bianka Whynn

Contact:

02045243011

07930882103

ADHD BABES

Black Therapists

Natasha

07854288706

Prices

£50 per hour - 1 to 1 sessions (online)

£65/75 per hour - 1 to 1 sessions (in person)

£??? Per hour - group therapy (6-8 weeks/3-4 people)

Workshop Topics/Specialties:

- Movement and art therapist
- Body mapping
- Trauma in the body
- Acceptance of conditions within the body (making peace with the enemy inside you)
- Racial trauma

Links:

<https://www.baatn.org.uk/find-a-psych-therapist/#!biz/id/59761599178f4e9415591433>

Prices

£70 per hour - 1 to 1 sessions

£170 for 2 hours - group session

Workshop Topics

- Relationships

Links:

<https://www.baatn.org.uk/find-a-psych-therapist/#!biz/id/5f1c0ce6826ccc08e6376312>

https://docs.google.com/document/d/1_Zr2O2nfH1_qdIOoyUr7HmGXHWxkalzEQ-Ome_Ictr4/edit?usp=sharing

Dr Annette Wilson

07986158828

ADHD BABES

Black Therapists

Dr Hannah Alghali

07854288706

Links:

<https://www.psychologytoday.com/gb/counselling/dr-hannah-alghali-london-eng/724355>

Prices:

Group - TBC Per hour

1-1 - £50 per hour

Concessions: £35 per hour

Workshop topics/specialities:

- LGBTQ+ community

Links:

https://www.psychologytoday.com/gb/counselling/adhd/england/797641?sid=5fb43a92ebefd&spec=334&ref=4&rec_next=21&tr=ResultsRow


Byron Athene

07873877761

01798305319

ADHD BABES

Black Therapists



Marlene Jenas
07445090951
020 8106 0931

Prices:

£70 per 50 minutes - 1 to 1 sessions
Block booking discounts

Topics/Specialities/Group setting:

- Sound Therapy
- Mindfulness based
- Compassion focused

Links:

<https://www.psychologytoday.com/gb/counselling/adhd/england/752326?sid=5fb43a92ebefd&spec=334&ref=20&tr=ResultsName>

Prices:

£50 - 90 - 1 to 1 sessions
Couple therapy
Concessions available on case to case basis

Topics/Specialities/Group setting:


- Self-care, accessing resources
- COVID-19 response to distress
- Anger
- Co-morbidity - (Depression, anxiety)
- Unpacking ADHD and what it means for you

Availability:

Thursday Friday or weekends - evenings

Links:


<https://www.psychologytoday.com/gb/counselling/adhd/england/706908?sid=5fb43a92ebefd&spec=334&ref=13&tr=ResultsRow>



Rita Odumosu
020 3984 8871

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Jacqui
07540 085999

Prices:

£50 per hour - 1 to 1 sessions

£90 per hour - couples

£90 per hour - Family therapy and mediation

£35 per hour - Students and unemployed concession

£60 for 1 hour - group session (30)

Support group -

Workshop Topics/Specialties:

- Male perpetrators
- DV victims
- Trauma, sexual violence
- Relationships - unhealthy
- Healthy communication styles

Links:

https://www.psychologytoday.com/gb/counselling/adhd/england/417309?sid=5fb43a92ebefd&spec=334&ref=7&rec_next=81&tr=ResultsName


Prices:

£120 per hour - 1 to 1 sessions

£100 per hour - concessions (students, elderly)

Workshop Topics/Specialties:

- Diagnosis specialist support and screening (Assessment 1.5 hours - £160)
- Holistic and historic approach
- Trauma-informed
- Questioning of diagnosis
- Needs-led



**Dr Dominique
Wilson**
07986158828

Links:

<https://www.baatn.org.uk/find-a-psych-therapist/#!biz/id/5cbd91daafd691286e82fd9c>

ADHD BABES

Black Therapists

Dr Hannah Commodore

h.commodore@me.com

020 80592610

07446087461

Prices:

Group - £120 hour

1-1 - £60-70

Potential concessions TBC

Workshop topics/specialities:

- Trauma
- Students
- Medication talks

Links:

https://www.psychologytoday.com/gb/counselling/hannah-commodore-london-eng/723407?utm_source=TDE&utm_medium=Email&utm_campaign=TD_COS_3_1_B1
