



**SCHOEN
CLINIC**

Centre for Mental Health
Chelsea

Private treatment
available quickly.

**For early or established
anxiety, mood and
eating disorders.**



A team of experts, ready to focus on you.

Schoen Clinic Chelsea is a highly specialised private day clinic in the heart of Chelsea, London treating young people (11 years+) with eating disorders and adults (18 years +) with anxiety and mood disorders such as depression, OCD and panic disorders.

This service is perfect for people not requiring inpatient care but in need of fast access to specialised treatment. Our treatment pathways can include one-to-one consultations and/or group therapies, both are accessible online and in clinic. Our treatment programmes cover key areas for recovery including group psychotherapy, Cognitive Behavioural Therapy (CBT), Art Therapy, our Compassionate Mind group, talking therapies, dance movement therapy, Assertiveness, dietetic support and mindfulness.

Every person is a partner in their care, with treatment tailored to individual needs based on the latest evidence-based research. Our Multi-Disciplinary Team (MDT) approach means the person stays at the centre of a team of experts throughout their journey, including Psychotherapists, Dieticians, Psychiatrists and Counselling Psychologists.

Schoen Clinic Chelsea is clean and modern with 6 consulting rooms, 3 group therapy rooms, a large lounge, a relaxation area and a fully-fitted, modern training kitchen to help rehabilitate people with eating disorders.

WE TREAT;

- > **Anorexia nervosa**
- > **Bulimia nervosa**
- > **Binge eating**
- > **Other Specified Feeding or Eating Disorder (OSFED)**
- > **Depression**
- > **Anxiety disorders**
- > **Panic disorders**
- > **Obsessive Compulsive Disorder (OCD)**
- > **Bipolar disorder**
- > **Attention Deficit Hyperactivity Disorder (ADHD)**
- > **Avoidant Restrictive Food Intake Disorder (ARFID)**
- > **Trauma**
- > **Post Traumatic Stress Disorder (PTSD)**

LEADING CONSULTANTS



DR PIPPA HUGO
Consultant Psychiatrist



DR JAMES WOOLEY
Consultant Psychiatrist



DAY TREATMENT PROGRAMMES

> **Children and young people 11-17 years with early and established eating disorders**

Multidisciplinary support through the recovery journey can include;

- > Friends and Family Group
- > Young People's Therapeutic Groups
- > Individual & Family Therapies
- > Therapeutic Daycare
- > Follow-up sessions

> **Adults (18+) with anxiety and mood disorders**

- > Group Psychotherapy
- > Integrative CBT Therapy
- > Art Psychotherapy
- > Mindfulness
- > Dance Movement Psychotherapy
- > Dialectical Behaviour Therapy (DBT)
- > Compassionate Mind
- > Schema Therapy
- > Yoga Therapy
- > Assertiveness / Finding My Voice
- > Mindful Reflections

Call our caring team on
0203 146 2300.



Book a free triage call for a basic
assessment of your condition.



If treatment is suitable, book
a full assessment with a
Specialist, from £195.



Be allocated to the right treatment
and start your journey to recovery.





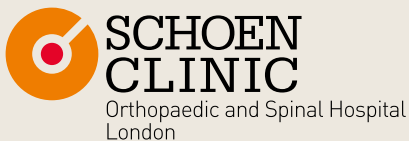
Start Your Treatment Journey Today.

Call Us: 0203 146 2300

Visit our Website: www.schoen-clinic.co.uk/chelsea

Email Us: che-enquiries@schoen-clinic.co.uk

13A RADNOR WALK, CHELSEA, LONDON SW3 4BP.



Schoen Clinic UK also deliver first class spinal and orthopaedic treatment for adults at our award-winning private hospital in London.

www.schoen-clinic.co.uk/london
or call 0203 929 0801.