

the  
**alMa**  
PRACTICE

SOUTH KENSINGTON. LONDON



The Practitioners have extensive experience of working with a wide variety of presenting issues.

- **Insomnia**
- **Depression**
- **Eating Disorders**
- **Panic Attacks**
- **Anxiety Disorders (inc. social phobia)**
- **Relationship Issues**
- **Bereavement**
- **Addictions**
- **Fertility Issues**
- **Parenting**
- **Adolescent Angst**
- **School Refusal**
- **Existential Issues**

The Alma Practice is located in Central London, a few minutes from South Kensington tube station, which is served by the Piccadilly, District and Circle lines.



TEL: 020 7584 5700  
EMAIL: [info@almapractice.co.uk](mailto:info@almapractice.co.uk)  
[www.almapractice.co.uk](http://www.almapractice.co.uk)

The Alma Practice  
10-12 Exhibition Road  
London SW7 2HF

The Alma Practice was established in 2006 to provide a counselling and psychotherapy service to London-based GPs and psychiatrists.

The practice offers qualified and professional psychotherapy and counselling using various models, including:

- **Cognitive Behavioural Therapy**
- **Person Centred Therapy**
- **Existential Psychotherapy**
- **Couples Counselling**
- **Addiction Counselling**

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## JONATHAN FISHER

MA (PSYCH) UKCP REG

Jonathan has been a psychotherapist and counsellor for the past fourteen years. He has an MA in Existential Psychotherapy and a post graduate diploma in Addiction Counselling utilising a cognitive behavioural model. He has extensive experience of working with individuals and couples in a variety of clinical settings and has particular expertise in working with insomnia, addiction, anxiety disorders and work-related stress.

Jonathan worked for a number of years for the NHS in the Sleep Disorders Centre at St Thomas' Hospital where he conducted research into the effectiveness of cognitive behavioural therapy in the treatment of insomnia. He also currently provides group clinical supervision in a number of London prisons.



## KITTY BOWLER

BA (PSYCH) BACP REG

Kitty has been a counsellor and psychotherapist for eleven years. She has a degree in Person Centred Psychotherapy and a diploma in counselling. She has trained in specialised areas, which include eating disorders, couple counselling, bereavement and working with panic/anxiety attacks.

Kitty has experience in both residential and day care settings within the voluntary and private sectors. She has worked for a national charitable organisation, providing counselling for men and women on their release from prison.

Kitty also provides a psychotherapy service to a large GP practice in south-west London.

## LILLIANA GIBBS

GRAD DIP. COUNSELLING. (BACP)



Lilliana studied at the Australian College of Applied Psychology, and has a graduate diploma in Counselling. She is also a qualified life coach with extensive experience of working with adults, and increasingly with couples, Lilliana has a particular interest in improving relationships: to self, with others and in partnership/marriage.



## GILLIAN EDE

MA (EXIST. PSYCH) UKCP REG

MSC (PSYCH ED)

Gillian has an MA in Existential Psychotherapy and is an experienced psychotherapist and couples counsellor. Her work covers a broad range of psychological and emotional issues, including mood disorders, destructive behavioural problems, work-related stress, anger problems and relationship difficulties. Her interactive approach seeks to question assumptions and core beliefs and to assist individuals to face up to the challenges of life.

With her earlier work as a consultant psychologist in the educational field, Gillian also has considerable experience of working with children, adolescents and families

## DAVE MULVANEY

DIP COUNSELLING FDAP REG



Dave is a qualified addictions counsellor having trained with Clouds House and Kings College University, London to post graduate level. He has worked for over thirteen years at a senior level in the addiction field in both the public and private sectors. He has also been involved in developing relapse prevention and aftercare programmes utilising cognitive behavioural and twelve-step approaches.