

# Dr Eleanor Ferris

Doctorate in Clinical Psychology, EMDR therapist

## Scans, tests, services & treatments available

- Psychological & Mental Health Services

## Professional Profile

**\*Dr Ferris is not accepting any new private therapy patients at this time\***

I provide therapy to clients who experience difficulties such as low mood/depression, worrying/anxiety, stress, including work related stress, phobias, panic, post-traumatic stress disorder, low self-esteem, anger, sleep difficulties, bereavement and loss, driving anxiety.

As a Clinical Psychologist, I am able to use a variety of therapy approaches including Psychodynamic Psychotherapy, Cognitive Behaviour Therapy and EMDR. My aim is to work with my clients to increase their emotional wellbeing and help them feel better, and stay better, for longer.

Find out more at [www.efpsychology.com](http://www.efpsychology.com)

*Dr Ferris supports the Cosmetic Service at KIMS Hospital by conducting Holistic Assessments on all patients who are undergoing Cosmetic Produces. The appointment offers an opportunity to explore your expectations and motivation for surgery, as well as talk through the emotional and/or social reasons for surgery and discuss the post-operative adjustment process including work, family and future well-being in a non-judgmental space.*





## Special Interests

Therapy addressing mental health difficulties

Pre-cosmetic surgery psychological assessment