

Lifeplus Ltd

Consultation and
Psychotherapy Services

Dr Stephenson-Huxford has thirty years' experience in working with those with mental health needs; including ten years practice as an associate therapist with a prestigious Harley Street clinic. His specialism since 2004 has been to offer CBT, EMDR and his mental health nursing skills to those dealing with post-trauma and associated conditions; these conditions include social withdrawal, generalized anxiety, panic attack and depression. Clients using his services include those who have been subjected to the most difficult of psychological circumstances; for example, those surviving multi-fatality road accidents, serious physical disability following industrial accidents and/or those dealing with the sudden death of a loved one.

As a former university lecturer in mental health, he has also taught and shared his nursing and psychotherapeutic skills broadly, both nationally and internationally (e.g., lecturing in Israel and Lithuania on the subject of ethical therapeutic practice). Dr Stephenson-Huxford understands the importance of being precise, punctual and detailed in his assessment, interim and discharge reports. His treatment outcome success rate is very high - with consistently positive feedback received from both clients and agencies alike.