



office@drjogeepsychotherapy.co.uk



01483 343681



DR JO GEE PSYCHOTHERAPY, GUILDFORD

PSYCHIATRY, COUNSELLING & PSYCHOTHERAPY



DR JO GEE

PSYCHOLOGICAL THERAPIES



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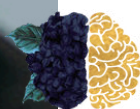
EXPERT MENTAL HEALTH CARE

Welcome to our therapy clinic in Surrey, offering psychiatry, counselling, psychotherapy, CBT and DBT in Guildford and online.

We offer a range of gold-standard treatments to help you learn, recover and get symptom relief.

When looking for psychiatric and psychological treatment, you want to feel you are in safe hands, with a professional who offers evidence-based interventions so that you can work through your current emotional difficulties quickly and effectively.

We offer scientifically backed psychotherapeutic treatments for a range of specialist issues.



DR JO GEE
PSYCHOLOGICAL THERAPIES



DR JO GEE

UKCP Reg; MBACP (Accred);
Registered Manager

Dr Gee is the Clinical Director and leads her experienced therapy team. She is a senior Clinical Psychotherapist, with 17 years' experience delivering psychotherapeutic treatment and developing NHS and private therapeutic services in the UK.

An expert in women's mental health, she has a specialist interest in the treatment of perinatal mental health and personality disorders in women and adolescents.

Dr Gee leads her team in the use of evidence based treatments, ensuring interventions are in line with NICE guidelines and support current research.

Jo carefully curated her team over many years and is passionate about offering expert guidance and scientifically backed treatments to bring about long term change.





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PSYCHIATRY SERVICES

Expert psychiatry supporting a range of conditions from anxiety, depression, ADHD, phobias, OCD to BPD.



ADULT PSYCHIATRY

We offer psychiatric treatment and prescription for a range of mental health related problems. We also offer adult assessment for ADHD. Dr Dunn and Dr Sawhney, supported by our dedicated team, aim to provide an accurate diagnosis and a unique, personalised treatment for the particular mental health condition.

ADOLESCENT PSYCHIATRY

Our adolescent psychiatrists offer assessment, diagnosis and treatment, alongside a clinical psychologist. We see a range of conditions in children and adolescents as well as assessing for ADHD and autism.



DR JO GEE

PSYCHOLOGICAL THERAPIES



PSYCHOTHERAPY SERVICES

01

COUNSELLING AND PSYCHOTHERAPY

We can work with you on a range of issues including anxiety, depression and postnatal issues. We will highlight your goals, develop a plan to support you reach them and then work to help you gain insight, relief and the tools necessary to bring about change.

02

DIALECTICAL BEHAVIOUR THERAPY

DBT is a therapy designed to help you change patterns of behaviour that are not effective, such as self-harm, suicidal thinking and substance abuse. The approach works towards helping you increase your emotional regulation by learning about the triggers that lead to reactive states.

03

COGNITIVE BEHAVIOURAL THERAPY

We offer Cognitive Behavioural Therapy (CBT) in Guildford, Surrey and as an online therapy. CBT is a talking therapy that can help you manage your problems by changing the way you think and behave. It incorporates an examination of your thoughts with a behavioural approach. It is often recommended by GPs or psychiatrists as a short term, effective and NICE guideline recommended therapy.

If you are looking into therapy, DBT or CBT as a possible treatment for you, contact us for a discussion around the treatment and how it can support symptoms.





FEES

Psychiatry

Assessment and Report

- £375-£425 for adults
- £540 for children & adolescents

Follow-Up Appointments

- £220 for adults
- £250 for adolescents

Prescriptions

- £25

Psychotherapy

Initial Assessment

- £95 per 50-minute session

Therapy Session

- £95 per 50-minute session

CBT Session

- £125 per 50-minute session

DBT

Initial Assessment

- £150 per 50-minute session

Individual DBT Appointment

- £155 per 50-minute session

DBT Skills Group

- £100 per group session

Full DBT Programme

- £205 per week





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SPECIALIST AREAS WE TREAT

Anxiety
Depression
OCD
BPD
Eating disorders
Self-harm
Infertility
Pregnancy
Postnatal
Women's health
Trauma and abuse
Relationship issues



DR JO GEE

PSYCHOLOGICAL THERAPIES



THERAPY TEAM



JO SOLEAU
DBT AND CBT THERAPIST

Jo specialises in treating anxiety, depression and personality disorders using evidence based treatments. Jo co-runs DBT group provision at Dr Jo Gee's practice.



EMMA JACKSON
DBT LEAD

Emma is our Team Lead and a DBT therapist and psychological therapist in Guildford working with a range of clients, including postnatal issues, BPD, childhood trauma, anxiety and depression.



KENDRA BLAKE
EATING DISORDER EXPERT

Kendra is a qualified therapist from the University of Cape Town, and has spent a number of years working therapeutically with eating disorders, addiction and general psychiatry.



PSYCHIATRY TEAM



NICHOLAS DUNN ADULT PSYCHIATRIST

Dr Dunn qualified in 1986 and has worked at Guys Hospital in London, Lewisham Community Adult Psychiatry and as Medical Director of The Priory Hospital in Woking.

AVLEEN SAWHNEY ADULT PSYCHIATRIST

Dr Sawhney is a substantive consultant in General Adult Psychiatry having completed her higher specialist training (from the Oxford Deanery) in 2008.

EKTA SHARMA PSYCHIATRIST

Ekta is a general adult consultant psychiatrist, who believes in patient centred care. She is passionate about taking a holistic approach in managing patients with mental health disorders. She offers assessment for ADHD.





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DR JO GEE & SURREY PSYCHIATRY

GET IN TOUCH

CONTACT

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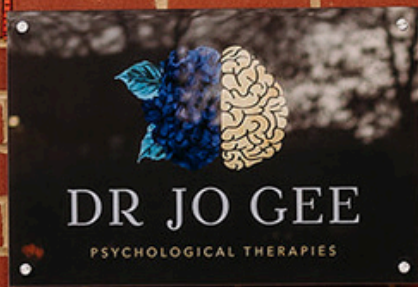
Hours

Monday – Friday: 9.00am – 9.00pm

ADDRESS

3 Beaufort, Parklands, Guildford,
GU2 9JX

3 Saxton, Parklands, Guildford,
GU2 9JX



DR JO GEE
PSYCHOLOGICAL THERAPIES

3 BEAUFORT

