

# **The Adam May CBT Practice**

***Cognitive-Behavioural Therapy in a friendly and encouraging environment***

30/6/06

Dear Doctor,

I am writing to advise you that my practice has moved to the address below and that I am now working with a colleague, Mr Faramarz Hashempour.

Having Faramarz working at the practice has made a significant impact upon waiting times. We are now usually able to offer an initial appointment within two weeks of first contact. Clients are welcome to contact us themselves by telephoning the office during normal working hours. Alternatively you may wish to write a referral letter if you feel there is specific information you would like us to have.

We continue to offer Cognitive-Behavioural Therapy for the range of psychological problems that typically present to GPs. As you will be aware, NICE Guidelines identify CBT as the psychological treatment of choice for anxiety and depression. The greater number of our referrals are for work, relationship and sexual difficulties, depression, health anxiety, phobias, obsessive-compulsive disorders, insomnia, and other anxiety disorders including PTSD. Our current fees are £45 per hour-long session. Many of our clients are covered by the local Medra employee assistance programme or by similar, national programmes. The number of sessions typically required varies widely with the average being between four and six.

Yours sincerely,

A handwritten signature in black ink that reads "Adam May". The signature is written in a cursive style and is underlined with a single horizontal stroke.

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