

**Also Practising at:**

**The Cardinal Clinic,**

*Oakley Green, Windsor, Berkshire,  
SL4 5UL Telephone: 01753 869755*

The Cardinal Clinic is a Private Psychiatric Hospital that has been treating patients for over 30 years. With Full Facilities for In, Day and Out Patients.

**Harley Street Consulting  
Rooms**

*10 Harley Street, London, W1G 9PF  
Telephone: 0207 467 8491*



**Clinical Psychology  
Services**

The Mountwood Surgery  
Rickmansworth Road  
Northwood  
HA6 2RC

07850 413211  
01628 524851

**Helping  
You Take  
Control**

**Clinical Psychology  
Services**

**Dr Anu Sayal–Bennett  
Consultant Clinical  
Psychologist**

BA (Hons) Dip Psych. Psych D AFBPsS  
CPsychol. CSci



**The Mountwood Surgery  
Rickmansworth Road  
Northwood  
HA6 2RG**

**Enquiries / Appts Please  
Contact Fran Cavell  
(Secretary)**

Tel: 01628 524851  
07732 828333  
Email: francavell@yahoo.co.uk

## Clinical Psychology Services

### Private and Confidential Service for the treatment of:

- Anxiety
- Depression
- Phobias
- Obsessive Compulsive Disorder
- Eating Disorders
- Post Traumatic Stress Disorder
- Relationship / Family Difficulties
- Childhood abuse
- Work Related Stress
- Body Image problems
- Self-harming behaviours
- Alcohol Addictions
- Pain Management
- Trauma
- Assertion / Self Esteem Difficulties

We also help to treat many other Psychological problems. If you are unsure that we can help, please feel free to contact us.

If we cannot help we may be able to recommend another Professional.

### Personal Statement

Dr Sayal-Bennett is a highly skilled Chartered Clinical Psychologist with over thirty years experience. Previously been Head of Adult Mental Health Psychological Services for three NHS Trusts she adheres to strict controlled professional standards governed by the British Psychological Society's Code of Conduct.

Experience of working within the voluntary and private sectors and has appeared on television and radio she has also been a Mental Health Act Commissioner.

Dr Sayal-Bennett's post-graduate experience includes Cognitive Behaviour Therapy (CBT) training at the Maudsley Hospital, London and training in Systemic Therapy at the Tavistock Clinic, London.

A member of:

- The Institute of Healthcare Management
- British Association for Behavioural and Cognitive Psychotherapies
- Tavistock Society of Psychotherapists and Allied Professionals
- Association for Family Therapy and Systemic Practice

### Funding

Dr Anu Sayal-Bennett is a recognised provider of Psychological Services for BUPA, AXA PPP and most other major Private Insurance Companies.

Self - funding patients without Insurance Cover are also welcome.

Please enquire for price guidelines.

### Enquiries / Appts

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(Secretary)

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**07732 828333**

Email: [francavell@yahoo.co.uk](mailto:francavell@yahoo.co.uk)