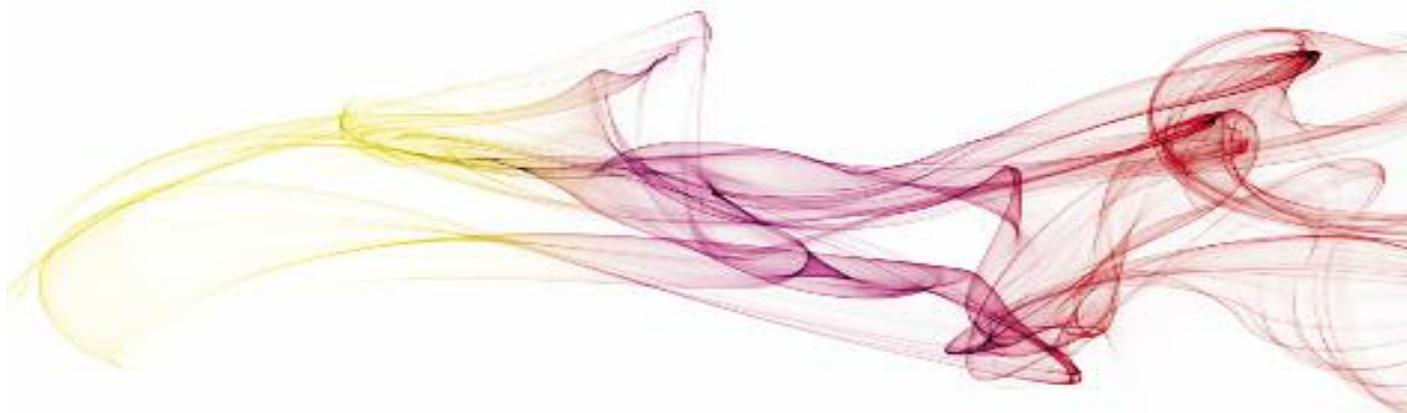


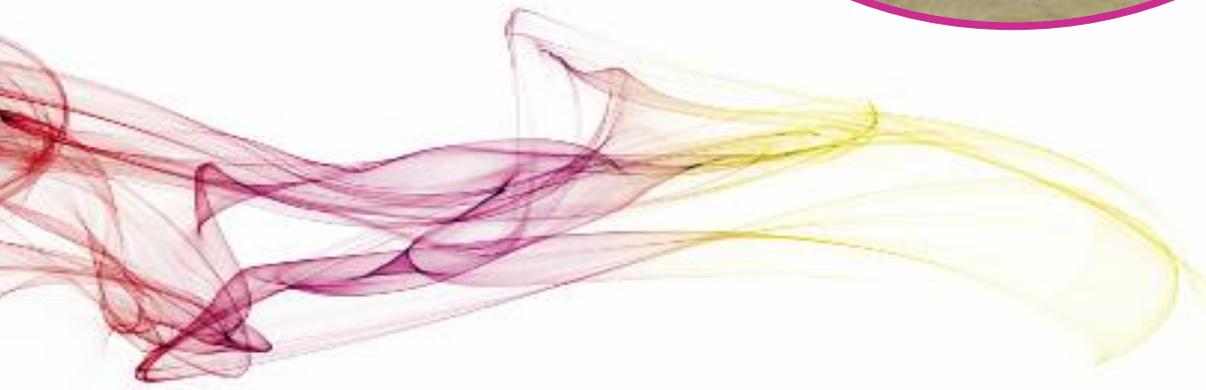
Emotions



A Clinic in Staffordshire
For the Treatment of Psychiatric Disorders



www.undoyourstress.com



Introduction

Emotions, is dedicated to the assessment and treatment of psychological conditions, such as Stress, Anxiety and Depression. We operate from Knutton Clinic, set in the heart of Staffordshire , just one mile away from Newcastle-under-Lyme.

Our facilities include:

Three private consultation rooms, group session and therapy room, relaxation room with a private library of books, CD's and DVD's meant for clients suffering from psychological problems.

Emotions is run by Dr Kishore Chandiramani, Consultant Psychiatrist with over 25 years experience. Our clinical team, includes three Consultant Psychiatrists, a Psychotherapist, a

Mental Health Nurse and two admin staff. Following an initial consultation and assessment by one of the consultants, therapies are delivered either on a one to one basis or where it is felt appropriate and beneficial to the client, in group sessions.

Emotions is a registered practice with many insurance companies, including AXA, PPP, BUPA, CIGNA, Standard Life, Pruhealth and AVIVA.

Dr Chandiramani is also a second opinion Doctor with the Care Quality Commission and a medical member of Mental Health Tribunal, Ministry of Justice.

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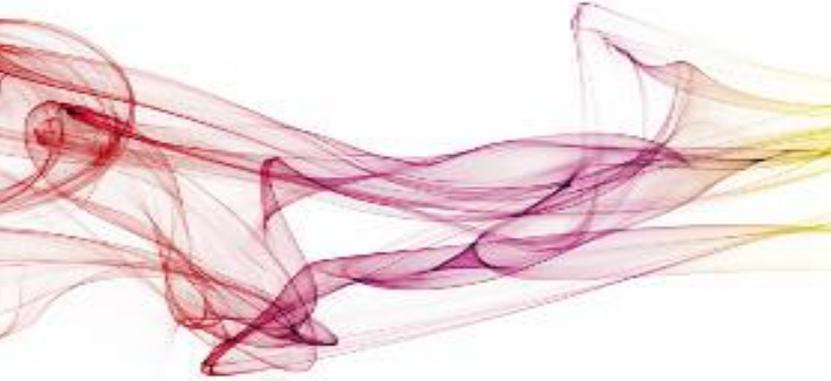
Clinical Conditions

Knutton Clinic offers treatments for the following clinical conditions:

- Anxiety, phobias and obsessions
- Depressive disorders
- Psychosomatic illnesses
- Relationships and Psychosexual problems
- Alcohol and drug problems
- Dependence on prescription drugs
- Bereavement
- Work related stress
- Psychological consequences of trauma and personal injuries
- Psychotic illnesses i.e bipolar and schizophrenic disorders
- Medically unexplained symptoms

Medico Legal Work

Dr Chandiramani has extensive experience in working with clients who require assessments for personal injury claims, mental capacity, occupational fitness, employment and mental health tribunals, fitness to plead, parenting and risk assessments etc. He has worked in forensic, mother and baby, old age psychiatry and substance misuse treatment settings and this experience has enabled him to carry out in-depth assessments for a wide range of clinical conditions. The clinics also offer treatment to clients suffering from consequences of personal injury such as travel phobia, work related stress, separation and divorce and post-traumatic stress disorder.



Six Session Stress Management Programme

(An introduction to each of these sessions can be downloaded from the website www.undoyourstress.com/downloads for a small price.) Dr Chandiramani has developed a six session management programme. This programme is relevant to the needs of clients suffering from anxiety, depression, obsessions, phobias, psychosomatic disorders, relationship problems, work related and general stress symptoms. Dr Chandiramani and his team conduct psychotherapy sessions, both individually and in groups, based on the issues outlined in the sessions for download. It is recommended that clients listen to these sessions and familiarise themselves with issues prior to attending therapy sessions as in-person sessions deal with these very issues in greater depth. These sessions can also be helpful to clients who do not wish to attend the programme but want some help in dealing with their everyday stress.

Sessions 1 – 6 cover the following issues

Session 1

- What causes stress, including making judgements, difficulty accepting change, wanting to be in full control of our lives and issues related to separation and loss.
- The Principle of Impermanance – a specific coping tool to help deal with one’s thoughts and emotions.

Session 2

- What gives us stress.
- Explaining symptoms in terms of a model of the mind (the conscious and the unconscious).
- How stress can be undone.
- The Principle of Equanimity.
- Dealing with stress at a physical and psychological level.
- An introduction to Paced breathing and Abdominal breathing.

Session 3

- Understanding how our judgements can increase stress and learning how to fine tune one’s judgements.
- Learning how to dis-identify with one’s thoughts and emotions.
- An introduction to Breath Awareness.

Session 4

- How we can manage stress at the physical level using bio-feedback treatment and breath regulation techniques.

Session 5

- Understanding stress and its’ management using the knowledge from philosophy and psycho-analysis.

Session 6

- What heals in psychotherapy.
- Reflection on the 12 Wellness Tools used in the Stress Management Programme.

Although each sessions is stand alone and these can be listened to in any order it is recommended that clients start with the first session and gradually progress to session six in that order.

Relaxation/Library Facilities

Many of the relaxation skills and breath regulation techniques we teach our clients require regular practice to achieve positive therapeutic benefits; as such we are able to offer a dedicated relaxation room, which is available daily for clients to practice relaxation skills and breath regulation techniques, in a quiet and peaceful environment. Within our relaxation room, clients can utilise a relaxation and massage chair, audio equipment with a selection of relaxation cd’s and also a therapy bed to aid relaxation techniques that require a reclining position.

We also have a comprehensive selection of books available on the following topics:

- | | |
|------------------------|-------------------|
| Anger | Anxiety |
| Grief | Depression |
| Eating Disorders | Relationships |
| Psycho-Sexual Problems | Sleep |
| Spirituality | Positive Thinking |
| Stress | Therapy |

All of the books, cd’s and dvd’s are available for clients to loan for psycho-educational purposes.

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Treatments

Following an initial consultation with one of our Consultant Psychiatrists, we are usually able to offer a specific programme of treatment tailored to client's individual needs. The range of treatments that are available include:

- **Medication** - Prescription of medication, including regular reviews for monitoring of therapeutic effect and telephone consultation for advice with a Consultant Psychiatrist.
- **Stress Management** "Psycho-Educational and Life Style Issues" Our programme is designed to treat anxiety disorder, work related stresses, relationship difficulties and medical disorders such as hypertension, asthma, irritable bowel syndrome, premenstrual tension, postmenopausal hot flushes, migraine and diabetes. We offer a package of six stress management sessions to clients on an individual basis or as part of a group.
- **Cognitive Behavioural Therapy** – focuses on the way people think and act in order to help them overcome their emotional and behavioural problems. A central concept in cognitive behavioural therapy is that you feel the way you think and so places great emphasis on thoughts and behaviour, as areas to change and develop. Cognitive Behavioural Therapy can help clients overcome a wide range of psychological problems including anger problems,

alcohol related problems, anxiety, depression, eating disorders, obsessive compulsive disorder, panic disorder, phobias and relationship problems.

- **Relationship and Interpersonal Therapy** – a form of psychotherapy in which the focus is on a client's relationships with peers and family members and the way they see themselves. Interpersonal therapy is based on exploring issues in relationships with other people.
- **Existential Psychotherapy** – deals with felt emotions and certain core issues of human life such as death anxiety, search for meaning in life, anxiety related to making the right choice and responsibility Existentialism is helpful not only in reducing our stress levels but also increasing our capacity to tolerate stress.
- **Client Centred Therapy** – also known as person centred therapy is a non-directive form of talk therapy whereby the therapist allows clients to lead the discussion and does not try to steer the discussion in any particular direction. The fundamental belief in client centred therapy is that people tend to move towards growth and healing and have the capacity to find their own answers.



- **Relaxation Therapy** – Can take many forms and can benefit most people, the use of relaxation therapy can help to reduce stress and improve mental and emotional well-being. We offer the following methods:
- **Progressive Muscular Relaxation** is a specific technique for helping clients to reduce generalised anxiety and for reducing the frequency and duration of panic attacks. It was developed by Dr Edmund Jacobson more than 50 years ago. Clients learn how to alternately tense and relax the muscles throughout the body to produce a deep state of relaxation.
- **Guided Imagery** sometimes known as visualisation is a technique in which clients imagine words, pictures, sounds and smells to evoke positive images, feelings and thoughts which help them to relax.
- **Biofeedback Treatment** – through the use of Bio-feedback equipment; including electronic devices and computer assisted software, clients can be taught to recognise the physiological signs of stress. Biofeedback is used specifically to monitor and measure physiological states such as heart rate, pattern of the respiration, muscle tension and skin conductivity. Clients then use this information to understand and control their unconscious and physical reactions to stress. Through this awareness they can develop techniques that better allow them to manage and reduce their stress levels. Techniques such as breath regulation

and heart- rate synchronization teach clients how to balance their physical, mental and emotional states.

- **Breath Regulation Techniques including the following:**

- A. Abdominal Breathing** – encourages clients to breathe fully from the abdomen, not the chest and involves using the diaphragm. It leads to vagal nerve stimulation and increased heart rate variability thereby bringing sympathetic and parasympathetic nervous systems in harmony with each other. Abdominal breathing has been found to help those who suffer from anxiety, panic attacks, hypertension and irritable bowel syndrome.

- B. Paced Breathing** – Paced breathing is about prolonging the expiration which leads to improved heart condition and it has been found useful in hypertension, postmenopausal hot flushes, anxiety and panic disorders.

- **Mindfulness Meditation** – is a practice which works mainly through withdrawing our attention from distracting thoughts and redirecting it to our breath and physical sensations. By doing so we put less energy into the emotional states of restlessness, anxiety, and craving that drive those thoughts. It also helps us neutralise the emotionally charged negative experiences suppressed in the unconscious mind. Over time the mind becomes calmer and our emotional state becomes more balanced and positive.

Dr Kishore Chandiramani

Dr Chandiramani has worked as a psychiatrist for more than 25 years including 15 years in academic psychiatry. He currently works as a Consultant Psychiatrist in Nuffield Health North Staffordshire Hospital and as a Second Opinion Appointed Doctor for the Care Quality Commission. He has served in various capacities i.e. Lecturer, Senior Lecturer, Assistant Professor and Associate Professor at various universities across countries.

He was awarded Gaskell Gold Medal and Prize for Clinical Excellence by the Royal College of Psychiatrists in 2002 and a distinction in the postgraduate diploma in Psychosexual Therapy by the University of Central Lancashire in 2008. After completing his higher specialist training in psychiatry he has sought further training and experience in the fields of Postnatal Depression, Relationship Counselling, Anxiety and Panic Disorders, Alcohol and Drug misuse, Work place related stresses, health management, old age psychiatry, biofeedback therapy, and legal aspects of psychiatry.

Dr Chandiramani has received awards for his publications and presentations in scientific meetings. He has published numerous articles in national and international journals including British Journal of Psychiatry, British Journal of Medical Psychology, American Journal of Psychotherapy, Acta Psychiatrica Scandinavica, Schizophrenia Research, European Child and Adolescent Psychiatry etc. He has delivered guest lectures on mindfulness meditation in international conferences.

Professional Qualifications

- MB, BS - SMS Medical College 1980
- MRCPsych 1999 (Member Royal College of Psychiatrists)
- Dipl Health Management 2000
- PG Dipl Existential Psychotherapy 2003
- MPhil Five Year Follow-up of Postnatal Depression, 2007
- PG Dipl in Psychosexual Therapy 2008
- Section 12 approved
- GMC registered (General Medical Council)

Being a psychotherapist himself Dr Chandiramani understands the needs of clients who are already in therapy with his therapy colleagues and uses medication very judiciously and only for a limited period of time until clients are able to use their own inner psychological resources more effectively.

Before prescribing any medication Dr Chandiramani discusses in detail the risks and benefits of each and every drug option with his clients involving them fully in decision making. He has worked effectively with clients who want to come off medication.

You will find Dr Chandiramani very polite, compassionate, knowledgeable, alert all the time to what you are saying and open to receiving feedback from his clients directly. Dr Chandiramani promises to refund your money if you are not satisfied with your consultation with him.

Dr Robert Londhe

Dr Londhe has been a psychiatrist for more than 30 years and he has had extensive experience in the fields of learning disability, epilepsy, Asperger's syndrome and anger management. Apart from being a consultant psychiatrist for more than two decades he has held several senior management positions within the local trust including being the clinical director for learning disability services. He has also worked as a second opinion doctor for the care quality commission, England. His

areas of special interest are treatment of anxiety and depressive disorders, relationship problems, psychopharmacology, work related stress, mental capacity assessments and religious and spiritual aspects of psychiatry.

Dr Londhe comes across as a very polite, calm and knowledgeable person with a good sense of humour and clients have reported feeling instantly at ease with him.

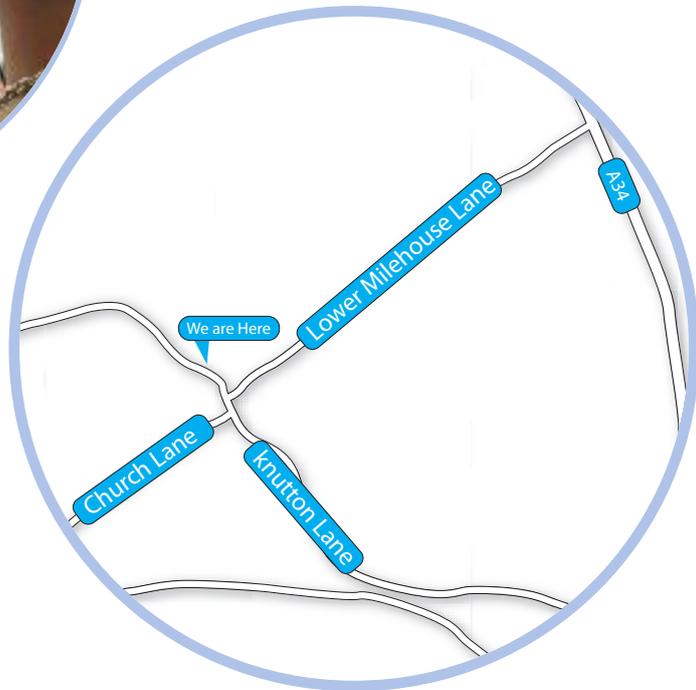
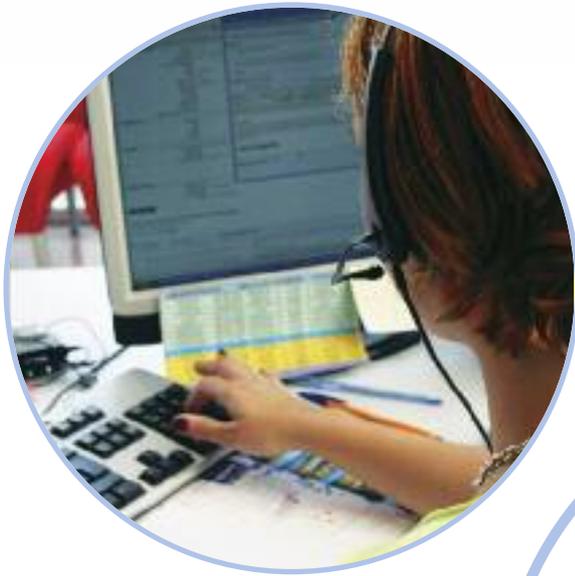
Penny Rafferty

Penny Rafferty is a Registered Mental Health nurse with over 12 years experience, working in mental health. After completing her nurse training at Staffordshire University, Penny worked for South Staffordshire and Shropshire NHS Foundation Trust. She worked on a Mental Health Therapy Unit which provided psychological interventions for clients experiencing mental health problems. Penny is experienced in both one to one and group therapy and has facilitated sessions in anxiety management, obsessive compulsive disorder, self-esteem, hearing voices, assertiveness and Wellness Recovery Action Planning (WRAP). Penny is also a mental health recovery educator for clients experiencing longer term mental health problems.

Penny holds a Certificate in Mentoring Skills awarded by Staffordshire University and has acted in the role as a mentor for both colleagues, and student nurses. Penny has also undertaken further study to gain a Certificate in Counselling Skills for Person Centred Counselling, which compliment her nursing skills.

Within a clinical environment, Penny works mainly with clients experiencing anxiety disorders, stress and depression. Penny uses a variety of therapeutic interventions with clients, including psycho-educational, relaxation therapy, person centred counselling skills and cognitive behavioural therapy techniques.

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You can visit the website www.undoyourstress.com for more detailed information and/or ring 01782 768656 for a free initial telephone consultation in order to discuss your needs. In addition to the Knutton Clinic Dr Chandiramani sees clients at the Nuffield Health Staffordshire Hospital, Clayton Road, Newcastle, Staffs.ST5 4DB