

Are you feeling depressed, anxious or stuck? Do you struggle with relationships, family, or at work? Are you finding it hard to recover after a loss or a traumatic experience? Perhaps you have reached a crossroads, but are uncertain how to move on.

Therapy offers a safe place to talk about what's on your mind.

My name is Lisa Vaughan. I am a qualified, experienced psychotherapist and psychoanalyst, based in West Hampstead, north-west London. I am a registered member of the British Psychoanalytic Association (BPA), the British Psychoanalytic Council (BPC), the United Kingdom Council For Psychotherapy (UKCP) and the [British Association for Counselling and Psychotherapy](#) (BAPC).

I offer psychotherapy, psychoanalysis and psychodynamic counselling to adults dealing with a range of emotional issues, including **depression, anxiety, relationship difficulties, low self-esteem, or loss and trauma**. I specialise in medium- to longer-term work, but I am also available for shorter-term therapy.

Therapy can help

Most people experience emotional difficulties at some point in their lives. Therapy with a trained professional can help us to work through our problems and understand ourselves better.

People seek therapy for many reasons. Some want help with an emotional issue or specific situation, or to identify and explore confusing feelings or symptoms. Others come to make sense of unresolved issues from the past, to address unwanted or repetitive behaviour patterns, or because they want more out of life. Sharing your difficulties and dilemmas through therapy can bring relief, offer a new perspective, and through greater self-awareness, open up the possibility of change and furthering your potential. Psychotherapy for a wide range of issues, including:

- Anxiety, stress depression or finding it hard to cope
- Difficulty making, sustaining or ending relationships
- Managing loss - including serious illness, bereavement, separation and divorce
- Lack of confidence, low self-esteem or feelings of underachievement
- Difficulty adjusting after relocation or other changes
- Work-related problems, including redundancy
- Feeling isolated, lonely, detached or empty
- Self-destructive or unwanted behaviour patterns, self-harming or suicidal thoughts
- Issues around food, weight and shape
- Wanting to understanding yourself better
- Finding it hard to let go of the past
- Challenges of infertility, post-natal depression, parenthood, and mid-life crises
- Panic attacks or phobias
- Family crisis or conflict
- Issues of identity or sexuality
- Trouble managing anger or other difficult feelings
- Disappointment that life isn't working out as you hoped
- A readiness for change, but uncertainty about how to get there

I offer psychotherapy, psychoanalysis and psychodynamic counselling in Swiss Cottage, Northwest London, NW6, convenient for central London and north London. My private practice is easy to reach using Jubilee or Metropolitan Underground Lines, major bus routes, and Thameslink and London Overground rail links.

To make an appointment now, phone me on 07881-951741 or send an email to info@lisavaughan.co.uk. Please leave a message; your call will be answered promptly and confidentially.

What happens in therapy?

Therapy involves a series of regular meetings in which we will work together to explore and understand your difficulties. It's a collaborative process, tailored to your individual needs, which we will discuss in the initial consultation. Psychotherapy is something we take an active, working part in, unlike other types of help and support which are prescribed or given. I won't give advice, but instead I will think with you about your situation, and help you find your own way forward.

Therapy sessions last 50 minutes and offer the opportunity to reflect on how you think, feel, relate to others, and respond to life events. I provide a confidential, professional and supportive setting, so you can talk safely without fear of being judged, criticised, rejected or blamed.

Working together

I work from a [psychodynamic and psychoanalytic perspective](#), based on the principle that problems and distress we experience in the present may be related to early experiences. Underpinning this perspective is the psychoanalytic concept that our unconscious mental life has a profound influence on how we think, feel, behave and relate to others. Discovering different aspects of the self and making links between them through therapy can help you to address and overcome obstacles, and see more clearly how your experiences have shaped you. This increased understanding can lead to a greater feeling of wholeness and sense of yourself.

Counselling, Psychotherapy or Psychoanalysis?

When we meet, you can tell me about yourself and we will discuss the most suitable treatment options for you. **Counselling** can be effective in focusing on a specific problem, event or situation. Sessions are usually once-weekly, and treatment tends to be brief or medium-term.

Psychotherapy is more appropriate for complex and long-standing issues, which may have origins in childhood. As more deep-seated issues take time to untangle, psychotherapy tends to be a longer-term and more intensive treatment. People often opt for two or three sessions per week. The increased intensity of psychotherapy facilitates the therapeutic process and promotes more lasting change. [Read here about evidence base for psychoanalytic therapies](#)

How is psychotherapy different from psychoanalysis? Psychodynamic and psychoanalytic psychotherapy are based on similar ways of thinking about our minds and emotions to psychoanalysis, but psychotherapy is less intensive. [Read more here](#).

The evolving therapeutic relationship and the here-and-now of the session are important aspects of the therapy in both types, providing opportunities for learning through a live emotional experience. Both psychotherapy and psychoanalysis aim not just for symptom relief, but to help you find out what it means to be truly yourself, and to live more fully.

Psychoanalysis is based on the observation that we are often unaware of many of the factors that determine our emotions and behaviour. These unconscious dynamics, drives and deeply held beliefs are a fundamental part of being human, but they may also cause us distress and unhappiness. They

can take the form of troubling symptoms, inhibitions or problematic personality traits, difficulties in love relationships or at work, or disturbances in mood and self-esteem. Because they're unconscious, our attempts to resolve them on our own may fail to provide lasting relief.

Our emotions influence our thoughts and behaviour in many ways, affecting everyday living and relating. Intensive psychotherapy, with sessions four or five times a week over several years, can provide the opportunity to make deep and profound changes and live a more satisfying life, as you gradually come to appreciate how your experiences have made you who you are. The stable, confidential structure and frequency gives you and your analyst time to observe and understand what is happening at a deeper level.

[Find out more](#)

You don't need to feel in need of "treatment" to benefit from a psychoanalytic or psychotherapeutic exploration of your inner world and ways of coping with people, relationships and your environment. A desire to know oneself better and, perhaps to function better in the world, may be sufficient motivation to engage in psychoanalytic exploration with a qualified psychoanalyst.

The Next Step

You can contact me by telephone 07881 951741 or email for more information, or to arrange an initial consultation. Your enquiry is strictly confidential. You do not need a referral from your GP to make an appointment.

The purpose of our first meeting, usually about 90 minutes, is to discuss your needs and expectations, and whether counselling could be helpful for you. If you decide to continue, we will agree a regular time(s) to meet each week.

Fees

Fees start at £65 for a 50-minute session. I also reserve a limited number of affordable spaces for people with low incomes. The initial 90-minute consultation is £85. Payment is by cash or cheque only.

My qualifications

I completed my five-year professional training as a Psychoanalyst at the British Psychoanalytic Association (BPA) in London. I am a qualified member of the BPA and the International Psychoanalytic Association.

I completed my training as a psychodynamic psychotherapist and counsellor [WPF Therapy](#), London. I hold a WPF Advanced Diploma in Psychodynamic Psychotherapy, and a Post-Graduate Diploma in Psychodynamic Studies from Roehampton University. I also hold a WPF Post-Qualifying Certificate in [Cognitive Behavioural Therapy](#).

I completed a one-year Certificate course on Understanding Trauma at the Tavistock Centre, the London specialist mental health care trust renowned internationally for its high-quality mental health care, training and research.

My accrediting memberships include:

- [The British Psychoanalytic Association \(BPA\)](#)
- [The International Psychoanalytic Association \(IPA\)](#)
- [The British Psychoanalytic Council \(BPC\)](#)
- [The United Kingdom Council for Psychotherapy \(UKCP\)](#)
- [The British Association for Counselling and Psychotherapy \(BACP\)](#)
- [The Foundation for Psychotherapy and Counselling \(WPF\)](#)

I work to the strict ethical codes and professional standards required by the organisations to which I belong. See my Terms and Conditions including Data Protection information.

In addition to my private practice, I have worked in the National Health Service as a counsellor in general practice, at [WPF Therapy](#), and with the national charity [Victim Support](#).

Located in London NW6, Swiss Cottage

My consulting room is a 5- to 10-minute walk from Swiss Cottage and Finchley Road tube stations. It is convenient for Hampstead, Belsize Park, St. John's Wood, West Hampstead, Kilburn, Brondesbury, Cricklewood and Queens Park. It is well served by major bus routes, as well as Thameslink and Overground rail services.

Underground stations

Finchley Road (Jubilee and Metropolitan Lines); Swiss Cottage (Jubilee Line); St John's Wood (Jubilee Line); Kilburn Park (Bakerloo Line).

Rail links

London Overground

South Hampstead or West Hampstead; Thameslink to West Hampstead.

Buses

13, 31, 46, 82, 113, 187, 268, C11.

Parking

There are pay-and-display parking spaces nearby. Parking is also available at Waitrose underground car park, a five-minute walk from my practice

Contact



To arrange an initial consultation or find out more, please contact me by telephone or email. Your messages will be confidential.

Tel: 07881 951741

Email: info@lisavaughan.co.uk

Goldhurst Terrace,
London NW6