



**Welcome:** To our free, low cost-high quality services. We are chartered clinical psychologists and trained/ accredited psychotherapists and counsellors coordinated by Dr. Benaligha Francis Selemo. We believe in recovery model that people can heal and move away from or cope with emotional difficulties within themselves, in their relationships or at work. We use cognitive behavioural therapy (CBT), brief psychodynamic counselling and other specific treatment approaches, but also integratively, drawing and adjusting on different approaches. The therapists will explain each of our interventions and/or provide you leaflets. Our interventions also include:

- humanistic person-centred counselling, mindfulness based cognitive therapy (MCBT), , brief solution focused intervention
- dialectical behavioural therapy (DBT), narrative therapy, couples/families therapy, motivational intervention (MI), social behaviour network therapy
- international treatment effectiveness project (ITEP), contingency management
- community reinforcement approach, psycho-education.

We have over fourteen years experiences in psychological treatment for individuals, couples and families; consultation, training and teaching in health and social care settings, including over nine years in the UK national health service (NHS) and over five years in emerging nations.

**We are here to listen and support you:** Sometimes we experience emotional difficulties within ourselves, in our relationships or at work. We may not understand why the difficulties or from where except that life isn't enjoyable as before. And even if we understood what and where the difficulties are from, we may still be stuck in repetitive destructive patterns that prevent us from being at peace with ourselves or with others. At Gratis, we aim to listen with respect, warmth, empathy, non-judgemental acceptance, openness, honesty and offer safe confidential environment.

**Our focus is your recovery journey:** into a new life story, so we will support you to only briefly explore your old and current distress or difficult life story to include what happened/root causes, what is going on for you, in you, around you, your thoughts, feelings, behaviours, and coping strategies. We will support you to develop a new coping or positive story to include what you want to go on for you, your strengths, skills and current and future goals/dreams. We will focus more on solutions, empowering you with self-help skills, resources and a professional therapeutic relationship to move you away from the old story or difficulty and forward on to a more enjoyable, fulfilling or coping life. We work with you only for a fixed agreed short or longer term period (not open ended).

**Your recovery plan:** The free initial session is for you and therapist to develop an overview of your support needs and both of you then decide if our interventions could be helpful to you. A care or recovery plan is then agreed, outlining what you expect to be recovery for you, the psychological support interventions (s) to be employed by the therapist, number of regular appointments /sessions, take home practice exercises to improve your self-awareness, self-empowerment and skills and how we will regularly review and evaluate the sessions with you to monitor successful recovery. And if your needs were not met with a given

intervention, we will recommend a change of intervention or onward referral to a more suitable service.

**Services:** We offer professional consultations and information, assessments, treatment, preventive self-management resources and referrals or signposting to other agencies.

- *General and specialist assessments* (e.g. cognitive/neuropsychological testing) for treatments, court reports, social or educational agencies' rehabilitations/interventions; children and adult safeguarding proceedings.
- *Assessment of psychological strengths, skills, potentials and gaps* (e.g. 360 degree feedbacks, appreciative inquiry measures) for: self-awareness; personal growth; career aspirational profiling; personality and emotional intelligence profiling; positive organizational political intelligence profiling.
- *Brief and long term counseling and psychological support* to individuals, couples and families/carers.
- *Therapeutic group programmes:* specific issue/need focused groups. Examples: Anxiety and depression support group; self-esteem improvement group; relapse prevention group; Black Men Positive Mental Health Group; Black Women Positive Mental Health Group; Christians Positive Mental Health Group; Religious/Beliefs Based Positive Mental Health Group; Living with Change Group; Young People Positive Mental Health Group; Parents with Challenging Youths Positive Mental Health Group), family/carers groups, and aftercare groups. We also have and can design other groups on emerging needs basis, so contact us.

**For whom?** People presenting with mild to moderate and complex emotional, behavioural and social health difficulties or a search for self-discovery issues. He/she lives in the United Kingdom or anywhere in the world and has access to a telephone, internet, and mail communication or is able to physically meet a psychologist/psychotherapist at our London venue or at a jointly agreed support venue.

#### **General issues/Difficulties.**

- Feeling low, hopeless, depressed or anxious (depression, anxiety, phobias, panic attacks), low self-esteem/self-confidence, non-assertiveness.
- Adult and childhood sexual, physical, verbal, or emotional abuse/bullying trauma. Suicidal, self-harm, abandonment, re-occurring destructive patterns.
- Post-traumatic stress disorder (PTSD), bereavement, loss, pre/post abortion crisis/trauma, HIV/AIDS trauma.
- Domestic violence, interpersonal conflict, aggression, anger.
- Alcohol, drugs and other addictions; personality disorders, schizophrenia with trauma history, forensic/criminal behaviour.
- Eating disorders, obsessive compulsive disorder (OCD), sexuality and gender identity issues.
- Stress, boredom, lack of motivation, disempowerment. Feeling/Experiencing tearfulness, emptiness, fearfulness, loneliness, numbness, isolation or life without meaning/goals.
- Relational issues: Marital/couple; interpersonal; family; parent-child. Child and adolescents related issues.
- Challenging: parents, gifted/exceptional or difficult children or young people. Challenging behaviours in: elderly people and people with a learning disability.
- A search for self-discovery: Who am I and who are you? Personality assessment for self and others' personality awareness.
- Self identity conflict, trust issues, difficult life decisions/ choices. Goal setting and decisions making needs, time management or life/activities planning needs. Self-motivation and empowerment needs, memory improvement and study/exam skills needs.
- Employment, back to work and career counselling needs, problem solving and life skills needs (e.g. CV writing & budgeting/cost saving skills).

#### **Specialist interests issues/Difficulties.**

- Work stress and work related issues.
- Post trauma personality transformation in children and adults.
- Post war/disaster and humanitarian trauma. Grief, fear, terminal illnesses, death, dying or end of life issues. Social, financial and psychological stress/trauma of abortion decisions.
- Faith healing and psychology interface emotional health issues. Christian faith-based emotional health issues. Islamic faith-based emotional health issues.
- Mental Health Issues in African communities: Afro-Cultural (African) emotional health issues. Cross-cultural emotional health issues. Culture, faith and science interface emotional health issues.

**Fees:** Jobless and homeless people will access the service free while people on very low income will access the services with low fees (e.g. standard fee for specialist cognitive therapy by private providers is £90-100). We will charge £25-45 sliding contribution fee for low income earners.

**Free registration for professionals:** Psychological therapists are invited to register with our 'Healthcare without Borders Network'. You will have appropriate qualifications and experience and also available to offer free, low fee and/or discount services in your field of expertise.

**Restrictions:** A person seeking support from Gratis-Christi Trust will only be linked to a professional, who is not legally required by employment, local or national contractual agreements to provide him/her a free healthcare.

**Registration for service users:** Self-referral or referral by family, carer or a professional via phone, email or letter.

**Availability and dates:** Confidential mostly weekends, negotiable weekdays, face-to-face, email, internet chat room, phone or mail service options subject to joint prior agreement and availability of professionals and treatment slots/spaces.

**Clinical governance:** Five million British pounds professional civil liability insurance policy HP1043 by Howden Insurance Brokers Limited, UK. A network of clinical supervision, quality assurance, health and safety, data protection and other governance structures are developed and continuously revised.

**Coordinating Therapist:** Dr. Benaliligha Francis Selema, *CPsychol*, *MCMI*, is a [chartered clinical psychologist](#); registered and accredited [cognitive behavioural therapist](#); positive mental health facilitator ; leadership and change management, [projects operations](#), and cost saving consultant; lecturer; and researcher. Over fourteen years experiences in: psychological treatment with individuals, couples and families; consultations to organisations and individuals; service development, management and process/cost improvement; training and teaching in health and social care settings, including over nine years in the [UK national health service \(NHS\)](#) and over five years in emerging nations.

Currently, Ben provides specialist psychological treatment to service users with mental health needs and also a co-manager of multi-professional healthcare personnel of nurses, psychologists, counsellors, and complimentary therapy, education, employment and mental health workers in the NHS/Voluntary sector. Currently (and previously), he provides psychological and clinical supervision to counselors, psychotherapists, psychologists and other healthcare professionals. Previous roles included: senior clinical psychologist, psychological therapist and manager of clinical and counselling psychologists, other psychological therapists and mental health workers in the UK NHS; senior lecturer of psychology and deputy head of a social care training and teaching department in Liberia; programme director of an [NGO/charity](#) and a clinical psychology consultant to a number of health and social care executives. He has passion for charity and the environment. He volunteers and engages in charities on weekends.

Ben is trained and qualified at doctorate ([University of Essex & Tavistock Centre](#) (2007) and masters ([University of Lagos](#) (1995) degree levels in [clinical psychology](#). Ben obtained specialised skills in [cognitive behavioural therapy](#) (CBT) and practice skills in other interventions at South London and Maudsley National Health Service (NHS) Foundation Trust, Institute of Psychiatry Kings College and British Psychological Society (BPS) 2001-2010) and [University of Lagos](#). Additional skills include: [humanistic person-centred, dialectical behavioural therapy](#) (DBT); [mindfulness based cognitive therapy](#) (MCBT); [narrative therapy](#); [couples/families therapy](#); [brief solution focused](#); [social behaviour network therapy](#); [community reinforcement approach](#); [contingency management](#); [international treatment effectiveness project](#) (ITEP), [motivational intervention](#) (MI), [psycho-education](#), and [recovery interventions](#) and philosophies. Ben has had training with well published clinical psychologists, psychotherapists and academicians in the UK and overseas such as professors Phil H. Richardson, David Clark, Anke Ehlers and Peter F. Omoluabi and Dr. Shamil Wanigaratne. Ben is also trained at PgDip ([London South Bank University](#)) and certificate ([Chartered Management Institute](#)) levels in strategic leadership and management; organisational direction; strategic marketing; enterprise and business planning, operations management; strategic project management; financial planning and management; and strategic information management.

Ben is regulated by [UK Health Professions Council](#) (PYL20498), is a chartered clinical psychologist of [British Psychological Society](#) (BPS) 096473), and is accredited by [British Association for Behavioural and Cognitive Psychotherapies](#) (09005). He is a member of [Chartered Management Institute](#) (466797), BPS Division of Clinical Psychology; and [College of Healthcare Chaplains](#) UK. He abides by the Codes of Ethics and Practice of these professional bodies. He receives ongoing clinical and management supervisions to ensure he works ethically and within safe guidelines.

**For Enquiries & Correspondence Only:** Positive Health Coordinator, Gratis-Christi Trust, 44 Knoyle Street, London SE14 6JE. Tel: +44 (0)7575886635, 07961938906, Fax: +44(0)2034411394. Skype: paul124124, icq-262442130. Email: mail@etico-pm.org. Web: <http://www.gratis-christi-trust.com> (in development). UK office visits by appointment only.

**For Face to Face sessions only:**

- London venue: 23 Magdalen Street, London SE1 2EN. The nearest train station is London Bridge (national rail, Northern, and Jubilee lines), which is less than five minutes walk from our building. Monument station (Circle and District lines) is also within easy walking distance.
- Non London venues: To be confirmed, can be Gratis-Christi Trust's or a service user's chosen, subject to jointly agreed cost and easy accessibility.

**REGISTRATION FORM**

**Gratis Counselling, Psychotherapy & Psychology Services**

**A Free, Low Cost-High Quality Private Support .**

<http://www.gratis-christi-trust.com> (in development).

**Name:**

**Address/Postcode:**

**Phone:**

**Email:**

**Agency**

(if any):.....

**Reason for registration:** *Simply state what you (or the person) need support for e.g. relationship difficult or assessment of psychological strengths and potentials. Do not provide details at this stage.*

**Your availability to receive support:** *Suggest all that applies-Weekends, weekdays, face-to-face, email, internet chat room, phone or mail.*

.....

Tick  if you do not want to receive future programme/service adverts from our firm. Your data will not be given to a third party without your consent.

**For Enquiries & Correspondence:** Positive Health Coordinator, Gratis-Christi Trust, 44 Knoyle Street, London SE14 6JE. Tel: +44 (0)7575886635, Fax: +44(0)2034411394, 07961938906. Skype: paul124124, icq-262442130. Email: mail@etico-pm.org. Web: <http://www.gratis-christi-trust.com> (in development). UK office visits by appointment only. .

### **HAVE YOU HEARD OF OUR:**

#### **1. Conference Workshops for Psychology, Health, and Social Care Personnel? Ask us for details and help to pass the word around.**

**Titles cover:** General skills for leadership/management; strategic/organisational direction and operational skills; change leadership and management skills; business planning, marketing and entrepreneurship skills; Lean-Sigma-Prince2 projects, improvement operations and costs saving skills; organisational consultancy and GROW coaching skills; organisational positive political, cultural, equality-diversity and emotional intelligence and 360 degree feedback skills; and strategic human resources management models for positive organisational performance.

#### **2. Free Referral Clinic**



**Services:** Signposting and referral service for private mental health support. **Fees:** None, availability and dates subject to availability of professionals and volunteer referral assistants.

#### **3. Free Faith-Based Psychology Clinic**



**Services:** Cover all range of professional services provided by Gratis Psychology Services with or without the following optional services:

- Christian spiritual direction, meditative/contemplative living.
- Searching for scientifically tested natural family/pregnancy planning methods?

**Delivery method:** Via phone, email or internet chat. Rarely I to I face meetings, but could be arranged on exceptional circumstances if the professional agreed to be available for such a meeting.

**Duration:** 1 hour per session per month over 6 months minimum is suggested. However, negotiable in line with yours or group support needs.

**Availability and dates:** Currently only Christian faith-based services are available and on Sundays 1pm –4pm London Time, but subject to future review and personnel availability.

#### **For whom?**

- People who irrespective of religious beliefs: (a) are open to Christian beliefs; (b) cannot afford to pay professional fees elsewhere.
- Christians (including pastors, worship leaders, pastoral aides, and families) who cannot afford to pay professional fees elsewhere. Christian mental health organisations working or wanting to work psychologically.

**An appointment system and fair use policy apply.**