

Dr. Naima Mohamed

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The knowledge that I have got from the various mental health approaches; medicine to psychoanalysis is what has made it possible for me to be able to visualize human problems from a rather wider angle.

My main objective in this journey of psychology is to help every individual find a unique way of coping with the changes faced and the difficulties undergone.

As a medical doctor in the field of mental health or psychiatry, I had to undertake psychiatric training. It was during this training that I discovered psychoanalytic concepts that enabled me to understand that every individual suffers differently from the next. These concepts fascinated not to mention intrigued me to the point of embarking on some psychoanalytic training programs that were done under the supervision of King's College, London; a member of the Institute of Psychiatry.



The British  
Psychological Society  
Promoting excellence in psychology

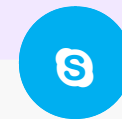
Thereafter, I went on to carry out another psychoanalytic training, however, this time it was done at Centre for Freudian Analysis and Research (CFAR) during a Lacanian Orientation. Centre for Freudian Analysis and Research is a UKCP registered organization.

## SPECIALISATIONS

I have taken a keen interest in diagnosing, treating and preventing a great number of psychological issues among children, adults and even families. In order to capture a wider audience, I offer services through email and Skype using chat and video facilities for counselling. When carrying out therapy, I use an approach that thrives to create a healing relationship in an environment that is confidential and non-judgemental hence enabling me to capture the difficulties faced by this individual as well as the needs he or she has. This then enables me to aid them in developing an insight into who they really are, nurture new ways on how to relate with themselves and those around them or those in their lives. This is all directed at nurturing within this individual a higher sense of authenticity and wellbeing.

While solving difficulties, I tailor make my interventions to every individual by making use of experiential, relational, cognitive-behavioural and mindful based approaches.

People will consult or visit a psychotherapist for a number of reasons such as depression, anxiety, stress, irritability, anger, sleep problems, having problems with mood changes, loneliness, suicidal thoughts, having had thoughts of harming others. There are also some others that will talk to a psychotherapist because they are not happy in their relationship, going through important changes in their lives such as job loss, parenthood, marriage failure, death of a loved one, retirement, being involved in an accident. There will also be



### SKYPE THERAPY

Counselling by Skype.  
[Find out more about Skype Therapy...](#)



### EMAIL THERAPY

Counselling by Email.  
[Find out more about Email Therapy...](#)

some that will consult because they have health related issues like one who has been given a diagnosis of a terminal or chronic illness and is finding it hard to cope with it, pain.

Choosing to go and see a psychotherapist is totally personal and is not a sign of how severe one's condition may be, how bad the difficulty has gotten nor is it an admission on one's side that they have failed to manage something about their life. The ability of coping with a difficulty or a medical problem varies from person to person. Choosing to consult with a medical practitioner is looked at as a crucial step in the development of an individual that will enable him or her to attain a greater sense of general wellbeing.

## WHO CAN I HELP?

Do you have any of the ailments or conditions below? Then you are in the right place because I will provide you with the needed psychological analysis and treatment.

- Autism
- Depression
- Anxiety
- Identity issues
- Stress management
- Low self esteem
- Relationship difficulties
- Personal growth
- Anger



### MAKE AN INQUIRY

Name \*

First

Last

Email \*

Telephone \*

Gender \*

D.O.B. \*

DD

MM

YYYY

- Life transitions
- Adjusting to chronic or terminal illness
- Chronic pain management or body dysmorphic disorder
- Childhood trauma

**These services are for children, adolescents, adults and families where therapy and assessments will be given.**

*You are not alone.*

*I can help you if only you would let me.*

*Getting help is the first step to getting better.*

*Let us work together through this.*

*I am here for you.*

What service are you inquiring about? \*

Please Select

Your Inquiry \*

Submit