

Claudia Kempinska, Psychodynamic Psychotherapist & EMDR, UK



Brief Bio: I am an experienced psychodynamic psychotherapist, working with adults and young people, with a variety of presenting issues on both a time-limited and open-ended basis, both individually and in groups, in various settings: within CAMHS NHS, within a school, a university counselling service, a mental health charity and in a private practice setting. As a psychodynamic therapist, I can help you to understand underlying problems by exploring unconscious processes, as well as helping you with issues you might be aware of (conscious issues). I also offer EMDR.

I have a particular interest and specialism in working with clients who have issues with the following:

- Anger
- LGBTQ and Gender
- Trauma and loss
- Identity
- Relationships
- Addiction
- And anyone who wants to work on themselves through a psychodynamic therapeutic process

In addition to individual therapy, I also offer therapeutic organisational consultation and group facilitation. I work therapeutically with academic and pastoral staff in schools and with fostering agencies.

I also offer clinical supervision to individuals and groups as well as mentoring to therapists and health care professionals who may wish to explore the emotional impact of their work. I am also able to promote professional growth by looking at unconscious processes impacting progress personally and professionally.

<https://www.claudiakempinska.co.uk>

