

DR PAUL OPEDIJK, M.D.

Consultant Psychiatrist & Psychotherapist

If you are suffering from depression, anxiety, panic attacks, obsession, compulsion, stress, low self-esteem, self-harm, bereavement, loss, trauma, a psychotic illness or any mental disorder, you should seek professional advice and support.

Dr Paul Opedijk may be able to help.

This brochure outlines what you should do when you need therapy and treatment for a wide range of psychiatric and psychological problems.

Ask your GP or healthcare professional for more information or contact Dr Opedijk directly to set up an appointment.



**T H E R A P Y I N
H E R T F O R D S H I R E**

Dr Paul Opedijk, M.D.

Private Practice

Consultant Psychiatrist &

Psychotherapist

St Albans

Call, text or email on:

Mobile: 07910 964668

help@therapyinherts.co.uk

www.therapyinherts.co.uk

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**CONSULTANT
PSYCHIATRIST**



**PSYCHOANALYTIC
PSYCHOTHERAPIST**



Therapy in Hertfordshire

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Are you suffering from any of these symptoms?

- ◆ Depression
- ◆ Anxiety/Panic
- ◆ Obsession / Compulsion
- ◆ Stress
- ◆ Low self-esteem
- ◆ Self-harm
- ◆ Bereavement / Loss
- ◆ Trauma

Then you should consider seeking professional advice and support.

Dr Paul Oppedijk may be able to help.

If you suffer from a psychotic illness, post-traumatic stress disorder (PTSD), bipolar affective disorder (BAD) or any other mental health disorder and are in need of specialist input and consistent support, he can also offer you help.

In addition, he treats more existential problems relating to the meaning and purpose of life as well as crises of identity (e.g. mid-life crisis).

How does it work?

Dr Oppedijk's method of working provides you with an opportunity to explore your problems in a confidential setting. After a comprehensive assessment of your needs, he will discuss the treatment options with you.

You might benefit from prescribed medication and, as a registered clinician, Dr Oppedijk can provide a prescription and regular follow-up check-ups.

Dr Oppedijk also offers psychotherapy, where you discuss and share your difficulties in regular meetings over a number of months. The aim is to gain a better understanding of important problems and issues that affect your life and if possible to find ways of achieving lasting change.

What to do next?

You can contact Dr Oppedijk at this email address – help@therapyinherts.co.uk – for an appointment, or you can be referred by your GP or healthcare professional.

In case he is unable to respond to you directly, please phone or send a text to Dr Oppedijk's secretary on 07910 964668 and she will forward your details so that he can contact you as soon as possible.

Arrangements can be made to be seen out of office hours.

Background & Qualifications

Dr Oppedijk specializes in Psychiatry and Psychotherapy and has over 20 years experience. He graduated as a Medical Doctor in the Netherlands in 1982, gaining a specialist qualification in Adult Psychiatry in 1987 and in Psychoanalytic Psychotherapy in 1991. He has

been working in England as a full-time NHS Consultant Psychiatrist since August 1998.

He is qualified to treat clients with a wide range of psychiatric and psychological problems and is able to offer supportive or insight-oriented psychotherapy.

Dr Oppedijk works closely with the Psychotherapy Department at Edinburgh House in St Albans and maintains strong links with other professional bodies such as the Royal College of Psychiatrists – Continuing Professional Development (CPD No. 802077).

His name is held on the Specialist Register of the General Medical Council (GMC No. 4446945) and he is recognized by AXA PPP Healthcare, BUPA UK Healthcare and other insurers. He has professional indemnity insurance and adheres to the code of ethics of his professional organizations.

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