

Loss and Transition

A psychotherapy group to explore how brain injury has impacted the way you live your life

What to expect...

- A safe space to share your experiences
 - Peer support and understanding
 - Learning about the brain, brain injury and function
 - Themes include:
 - Adjusting to living with a disability
 - Role, identity, family dynamics, relationships
 - Connection, mood and mental health.
 - Celebrating who I am now
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16 x weekly group sessions (1.5hrs) Max 6 people



info@headwaylondon.org.uk
for more info



Headway London
Timber Wharf, 238-240
Kingsland Rd, E2 8AX



Sessions will be led by Psychotherapist Tina Greenhill



Tina is an Integrative Counsellor and Psychotherapist with over 20 years' experience of working with people affected by brain injury. She combines different approaches to find the right fit for the individuals and couples. Her work can help people understand and come to terms with life changes after brain injury and live a meaningful life.

Headway London Therapy Service

Expert support for complex needs

Our Therapy Team use their expert knowledge of brain injury to help people achieve their potential and live a meaningful life.

Our interdisciplinary approach brings together our skills across a range of therapies to give each person what they need in the best way for them.

