



ABOUT

ADADSU (Adapt-Advance-Succeed) is a London-based company that provides psychotherapy and coaching, complementary health services and educational information. We do this in an integrative and personalised way to more sustainably improve individuals' mind-body-spirit health and wellbeing.



Our philosophy is to honour and respect the uniqueness and individual needs of each human being. We value the interconnectedness on all levels, which includes the physical, emotional, psychological, social, cultural and spiritual aspects of life.



Our mission is to strive to provide the best possible personalised solutions for our clients so that they can experience improved health and wellbeing on all levels.



Our values are to commit to and encourage contribution, compassion, cooperation, creativity, and change.

*"All great changes are preceded by chaos."
Deepak Chopra*



WWW.ADADSU.COM

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PSYCHOTHERAPY

Psychotherapy is a type of talking therapy that helps us recognise and become aware of issues that may hold us back. It enables us to discover our unique inner resources to move beyond our current perceived limitations to a more balanced place.

It offers a safe and confidential space to talk about issues or anything that may be confusing, painful or uncomfortable. Talking with a professional who is trained to listen and respectfully challenge can help us manage, change and improve things.

We can all experience periods of stress in our lives, feelings of overwhelm, concern and worries and may need outside help in order to cope with what may seem out of our control. Sometimes talking to friends and family is not enough or we feel we cannot talk to them about it. Psychotherapy can help when we feel stuck and experience unhelpful repeating patterns that prevent us from having satisfying relationships with others or finding meaning or purpose in our life.

For more information and all the frequently asked questions, please see our website www.adadsu.com.



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Issues we can address include:

Anxiety, phobia, inability to cope or concentrate, stress, low self-esteem, grief and loss, trauma, abuse, depression, mood swings, body image issues, eating disorders, addiction, self-harm, obsessive behaviours, life crises, lack of motivation, feelings of loneliness or emptiness, death, abortion, miscarriage, loss of a job, divorce, sexuality and gender, suicidal thoughts, sleeping issues, psychosomatic issues, spirituality

BOOKING & FEES

Fees for psychotherapy are £75 for a 50 minute session.

Some limited concessions may be offered for students, very low earners, unemployed individuals or those receiving social support with provided evidence.

Fees for other services may depend on the type of therapy offered. To find out more and for bookings please see the reverse or visit our website www.adadsu.com.

*"The real voyage of discovery consists not in seeking new lands but seeing with new eyes."
Marcel Proust*



SERVICES

ADADSU (Adapt-Advance-Succeed) is a unique personalised concept that helps individuals to ADapt to their problematic situations, ADvance beyond their perceived limitations and SUcceed in moving forward and more sustainably achieve their desired outcomes.

The ADADSU approach is not narrowly focused on one single therapeutic model, but draws on a variety of psychotherapeutic and complementary health approaches in an integrative and personalised way.

Our highly skilled team of experts provide other mind-body services including nutritional therapy, yoga therapy, personal training, body work, massage, meditation, HeartMath® and more.

This approach can also help you to:

- Gain more control and choice in your life
- Improve personal and professional relationships
- Change behaviour patterns and ways of coping
- Find release from emotional, painful or traumatic symptoms
- Understand confusing feelings and behaviours
- Find freedom from self-destructive or harmful behaviours
- Find more balance, pleasure, vitality and wellbeing



CONTACT

Our main practice in Central London is less than a 10 minute walk from King's Cross and St Pancras stations.

To arrange an appointment or for further information, please call us on 07791 991199, email info@adasu.com or visit our website www.adadsu.com.

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Psychotherapy

*"It all depends on how we look at things,
and not how they are in themselves."
Carl Gustav Jung*

*"Nothing happens until the pain of remaining
the same outweighs the pain of change."
Arthur Burt*

*"A journey of a thousand miles begins
with a single step." Lao Tzu*