



NORTHAMPTON CLINIC – THERAPIST BIO

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Adrian Radford-Shute DHP Acc. Hyp



Adrian is a registered, insured and accredited EMDR Specialist Practitioner (Eye Movement Desensitisation & Reprocessing), the treatment for PTSD and anxiety related disorders and symptoms, as recommended by NICE (National Institute for Health Care & Excellence), WHO (the World Health Organisation), and the API (American Psychiatric Institute), and other leading world government and defence organisations.

Adrian is 49 and holds clinics in Northamptonshire, Hertfordshire & London, as well as working with KidsAid the Northampton based children's charity. Adrian initially trained as a Clinical Hypnotherapist before specialising in EMDR, and as one of a growing number but still rare specialist EMDR therapists, he provides treatment for generalised anxiety, bereavement, adult survivors of abuse, rape victims, war veterans, and sufferers of PTSD, including clients presenting with associated addictions, OCD's or memories of emotional or psychological terror or trauma.

Adrian also provides specialist Clinical Hypnotherapy to increase and support rapid mental and physical growth, and works as a Clinical Sports Therapist with leading fitness industry and professional sports persons. Adrian is passionate about helping each and every client to create an immediate and lasting change within a single session, being a survivor of child abuse, an eating disorder and Complex PTSD himself, Adrian has had first-hand experience of the dramatic and life changing positive and immediate effects of EMDR treatment, the reason why he's now successfully changed career to practice EMDR.

To learn more about EMDR Treatment please download the attached PDF or visit www.1MIND.org