

## biopic **darryl richards**

I am Darryl Richards, an integrative psychotherapist registered with UKCP and a Member of the BACP. I follow the ethical guidelines of both organisations. I trained at Regent's College, am a Professional Member having obtained the Post Graduate Diploma in Psychotherapy and Counselling and the Advance Diploma in Integrative Psychotherapy.

I work with fellow professionals at TALK: Psychotherapy group practice; I am an Honorary Psychotherapist for the NHS in the West End Community Mental Health Team and have a private practice in South London.

In psychotherapy practice I have worked with people who have had many forms of mental and emotional distress. Despite the labels that are attached to different psychological states of mind, I work with the individual, not the 'label'. I believe that people entering psychotherapy need a professional, working relationship in a safe environment, which is based on trust and confidentiality.

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