THE PHOENIX CHARITABLE TRUST

Cirencester & District

Registered Charity No.: 1010378

ALISON SEDGWICK-TAYLOR is a Consultant Clinical Psychologist, CBT Therapist and Supervisor, Mindfulness Teacher and Supervisor.

Alison's aim is to help others cultivate a different relationship with their thoughts and unstick unhelpful behavioural patterns so they can flourish.

Alison's approach is backed by science and delivered with compassion.

Alison came to Gloucestershire to raise a family in 1990 after Psychology training at Guys Hospital in London. She worked for over 25 years in the NHS in Gloucestershire as a Clinical Psychologist and, following retirement, has further developed her interest and specialism in Mindfulness.

She has a private practice for individuals and is currently working with NHS England and local NHS Wellbeing services offering Mindfulness training to primary care staff. She also offers Mindfulness and Compassion training to community groups and business.

Alison Sedgwick-Taylor,
(BAHons, DClinPsych, AdvDipCBT (Oxon), BABCP and BAMBA Accredited)
astpsycholgy.co.uk