

## Private therapists

The following links can be used to find a coach/therapist/counsellor who is registered with a professional body.

*Please note that the counselling directory will include any type of therapist and not just counsellors. The BACP register is for counsellors registered with the BACP and the BABCP register is for accredited CBT therapists. The EMDR Association is for accredited EMDR Therapists.*

Association for Coaching

<https://www.associationforcoaching.com/>

British Association for Behavioural and Cognitive Psychotherapies (BABCP)

<https://www.babcp.com/Default.aspx>

Under the Public Tab - *'Find a Therapist'*

Directory of Counsellors

<https://www.counselling-directory.org.uk/>

British Association of Counsellors and Psychotherapists (BACP)

<https://www.bacp.co.uk/about-therapy/how-to-find-a-therapist/>

Eye Movement Desensitisation and Reprocessing (EMDR) Association for UK and Ireland

<https://emdrassociation.org.uk/find-a-therapist/>