



**SCHOEN CLINIC**  
Centre for Mental Health  
Chelsea



Our leading London mental health and wellbeing clinic, for children and adults



# A very warm welcome to Schoen Clinic Chelsea

Opened in 2018, Schoen Clinic Chelsea is a modern and welcoming private mental health and wellbeing clinic in the heart of the Royal Borough of Kensington & Chelsea, discreetly located just off the King's Road.

Part of the multi-award-winning Schoen Clinic UK Group, Schoen Clinic Chelsea welcomes both self-funding and privately insured patients offering specialised treatments for a wide variety of mental health conditions, including eating disorders.

Age ranges treated are from 5 years+, through to adults of all ages.

Schoen Clinic Chelsea has a wide range of treatments and therapies on offer, delivered by an expert multidisciplinary team of psychiatrists, psychologists, therapists, nutritionists and mental health experts working together to deliver the best possible recovery outcome for the patient.

The clinic also offers a specialised mental health treatment programme for adults incorporating several carefully designed therapeutic groups including mindfulness, yoga, recovery and relapse prevention, schema therapy, assertiveness and self-esteem, stress management and mind and body connection.

Starting with an initial assessment, Schoen Clinic Chelsea offers patients a range of therapy services using a personalised and tailored blend of in-person and online appointments, treatment programmes, practical skills workshops and one-to-one and group therapies.

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# Part of an international hospital group

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The Schön Klinik Group was founded in 1985 and has since developed into Germany's fifth-largest privately-owned hospital group. It currently treats 300,000+ patients annually at 46 hospitals and clinics across Germany and the UK. Schön Klinik has remained a trusted and reputable provider of mental health care in Germany and is known for its high quality services, expert staff and commitment to innovation and research.

Schoen Clinic UK Group offers innovative treatments for mental health conditions which are not always available via the NHS. We pride ourselves on being able to provide people with fast access to high quality healthcare, with minimal waiting times to start treatment.

Our purpose is to provide the most effective mental health care possible, helping people to feel better and recover faster. With our groups' 37+ years of experience treating mental health conditions, we have a longstanding reputation for providing highly specialised mental health care, both in the UK and internationally.

Also in the Schoen Clinic UK Group is Schoen Clinic Newbridge, a renowned specialist inpatient eating disorder hospital for children and teens located in Sutton Coldfield, just outside Birmingham.

Schoen Clinic York is an 84-bed facility in the North of England offering highly specialised inpatient treatment for adults with eating disorders.

In September 2024, a new service opens at York, offering inpatient care for individuals with young-onset, mild, moderate and advanced dementia.

## **Our presence is international:**

- 46 hospitals and clinics across Germany and the UK
- Treating over 300,000 patients each year
- Employing over 11,000 colleagues
- Employing many of our world-leading Consultants
- Highly specialised multidisciplinary teams
- Award-winning facilities
- Nationally and internationally recognised for clinical outcome excellence
- Continuously reinvesting into our facilities, colleagues and technology.





# Treatments and services at Schoen Clinic Chelsea

## Conditions treated

- Addictions
- Anorexia Nervosa
- Attachment disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Behavioural difficulties
- Bereavement and loss
- Bipolar disorder
- Body Dysmorphic Disorder (BDD)
- Bulimia Nervosa
- Burnout
- Cancer-related mental health
- Depression
- Disordered sleeping
- Divorce and separation
- Fertility-related mental health
- Generalised Anxiety Disorder (GAD)
- Health anxiety
- Homesickness and expat identity
- Obsessive Compulsive Disorder (OCD)
- Other Specified Feeding or Eating Disorders (OSFED)
- Panic disorders
- Parenting
- Personality disorders
- Phobias
- Pregnancy and childbirth-related mental health
- Resilience and self-esteem
- Social anxiety
- Stress management
- Trauma

## Therapy, groups and programmes

- Acceptance and Commitment Therapy (ACT)
- Art & creative therapy
- Assertiveness/Finding My Voice
- CBTe
- Cognitive Behavioural Therapy (CBT)
- Conflict Resolution
- Counselling
- Compassion-Based Therapy
- Dialectical Behaviour Therapy (DBT)
- Embodied psychotherapy
- Eye Movement Desensitisation and Reprocessing (EMDR) - including the Flash technique
- Exposure and Response Prevention (ERP) therapy
- Group therapy
- MANTRA therapy (for anorexia)
- Mental health treatment programme (adults)
- Metacognitive Therapy (MCT)
- Mindfulness
- Mindfulness-Based Interventions (MBIs)
- Occupational Therapy (OT)
- Relationship therapy & couples counselling
- Resilience & growth
- Systemic family therapy
- Yoga therapy

## Assessments

- Adult mental health assessments
- ADHD assessments (adults & children)
- CAMHS mental health assessments

# Adult Specialists

## Psychiatry

<b>Dr James Woolley</b> Consultant Psychiatrist & ADHD & Cancer Specialist Mental Health	<b>Dr Divina Pillay</b> Consultant Psychiatrist Mental Health & Eating Disorders	<b>Dr Tara Tofiq</b> Consultant Psychiatrist Mental Health
<b>Dr Daniel Masud</b> Consultant Psychiatrist & Addictions & ADHD Specialist Mental Health	<b>Dr Greg Shields</b> Consultant Psychiatrist & Cancer Specialist Mental Health	<b>Dr Margherita Tanzarella</b> Consultant Psychiatrist & ADHD Specialist Mental Health
<b>Dr Joan Brunton</b> Consultant Psychiatrist Mental Health	<b>Dr Adrienne Key</b> Consultant Psychiatrist Mental Health & Eating Disorders	<b>Dr Sara McCluskey</b> Consultant Psychiatrist Mental Health & Eating Disorders

## Psychology

<b>Dr Lorena Dumitrache</b> Chartered Clinical Psychologist Mental Health & Eating Disorders	<b>Dr Katherine Coutsoudis</b> Chartered Psychologist Mental Health	<b>Jahanara Khatun</b> Counselling Psychologist Mental Health
<b>Magdalena Garcia</b> Clinical Psychologist Mental Health & Eating Disorders	<b>Dr Hollie Shannon</b> Senior Specialist Clinical Psychologist Eating Disorders	

## Psychotherapy

<b>Gabriele McErlean</b> Lead Psychotherapist Mental Health & Eating Disorders	<b>Lorraine Green</b> Psychotherapist Mental Health	<b>Eva Mylona</b> Psychotherapist Mental Health
<b>Pilar Isla Rodriguez</b> Psychotherapist Mental Health & Eating Disorders	<b>Darja Lee</b> Integrative Psychotherapist Mental Health	<b>Kristin McCarthy</b> Integrative Psychotherapist Mental Health
<b>Isabelle Nussbaum</b> Integrative Counsellor & Psychotherapist Mental Health & Eating Disorders	<b>Emma Johnson</b> Principle Systemic Family Psychotherapist Mental Health & Eating Disorders	





# CAMHS Specialists

## Psychiatry

**Dr Hazel Fernandes**  
Consultant Child  
& Adolescent  
Psychiatrist



Mental Health & Eating Disorders

**Dr Rashmi Verma**  
Consultant Child  
& Adolescent  
Psychiatrist- ADHD  
& ASD Specialist



Mental Health

**Dr Gil Myers**  
Consultant Child  
& Adolescent  
Psychiatrist



Mental Health

**Dr Adrienne Key**  
Consultant  
Psychiatrist



Mental Health & Eating Disorders 16+

## Psychology

**Magdalena Garcia**  
Clinical  
Psychologist



Mental Health & Eating Disorders

**Dr Hollie Shannon**  
Senior Specialist  
Clinical  
Psychologist



Eating Disorders

**Dr Lorena Dumitrache**  
Chartered Clinical  
Psychologist



Mental Health & Eating Disorders

## Psychotherapy

**Emma Johnson**  
Principle  
Systemic Family  
Psychotherapist



Mental Health & Eating Disorders

**Doone Smith**  
Child  
Psychotherapeutic  
Counsellor



Mental Health

## Other Specialties

**Diana Badare**  
Nutrition/Dietetics



Adult & CAMHS  
Eating Disorders

**Michelle Knowles**  
Specialist  
Occupational  
Therapist



Adult & CAMHS  
Mental Health & Eating Disorders

**Gail O'Brien**  
CYP Primary  
Therapist



Adult & CAMHS  
Eating Disorders



## Inside Schoen Clinic Chelsea

We welcome visitors regularly at Schoen Clinic Chelsea and are always pleased to show people around our bright, modern and welcoming London clinic. You can rely on a warm welcome from every member of our team, who are always on hand to help.

# Meet the senior team

## Marco Burman-Fourie

### Clinic Director

Marco joined Schoen Clinic in November 2023 bringing a wealth of experience. He is responsible for the clinical and operational management of Schoen Clinic Chelsea.



## Isabelle Wood

### Therapy Services Manager

Isabelle has extensive experience in mental healthcare, and enjoys helping patients access the full range of therapies on offer.



## Pam Tincello

### Operations Manager

Pam brings over 6 six years of management experience and over 10 years' experience in private healthcare. Pam is dedicated to improving and streamlining day-to-day operations for both colleagues and patients.



## Finding Schoen Clinic Chelsea

We are situated on Radnor Walk, just off King's Road in Chelsea. We are an 8-10 minute walk from Sloane Square underground station and well served by local bus routes and taxis.

While there is no on-site parking available at Schoen Clinic Chelsea, there are a number of nearby car parks within walking distance.

## Accessing care at Schoen Clinic Chelsea

We like to make accessing our services as easy as possible. If you or someone you know needs our help, please reach out to our friendly team using the details below:

**Telephone:** 0203 146 2300

**Referrals and enquiries:**  
[che-privateenquiries@schoen-clinic.co.uk](mailto:che-privateenquiries@schoen-clinic.co.uk)

**Website:** [schoen-clinic.co.uk/chelsea](https://schoen-clinic.co.uk/chelsea)

**Address:** Schoen Clinic Chelsea,  
13a Radnor Walk, London, SW3 4BP.

**Funding methods accepted:** Self-funding patients and privately insured patients from BUPA, Healix, WPA, AXA, Cigna, Aviva and Vitality.







SCHOEN  
CLINIC  
GROUP

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Schoen Clinic Chelsea is part of the Schoen Clinic UK Group



[schoen-clinic.co.uk](https://schoen-clinic.co.uk)