



SHAHEED BENAZIR BHUTO WOMEN UNIVERSITY

Psychotherapeutic Center

"The Treatment You Need, The Care You Deserve"

Services We Provide



PSYCHOTHERAPY



Group Therapy



Anger Management



Stress Management



Marital Therapy



I.Q & E.Q Measurement



Vocational guidance
& Counseling



Aptitude Test



Child Related Problems

(Lack of confidence, concentration & study related problems)



Family Therapy

PSYCHOTHERAPEUTIC CENTRE

Our therapeutic center situated in the heart of Peshawar, offers comprehensive psychological assessment and treatment. We are committed to ensure professional and confidential service in a caring and considerate atmosphere. We are also helpful and respectful of your unique concerns and culture

FOR WHOM?

- Do you have regularly recurring or more continuously present psychological problems or complaints?
- Do they inhibit your freedom, your zest for life, your relationships or your performance?
- Do you have the feeling that it is impossible to resolve these problems alone or with your friends and family?

WHEN THIS HAPPENS

You may contact the Psychotherapeutic Centre (PTC).

- It can offer you assistance with a wide variety of psychological, relational and psychosomatic complaints e.g.
- Psychotherapy is offered for a range of mental health concerns such as:
 - Depression
 - Anxiety
 - Relationship problems
 - Parenting concerns
 - Work difficulties
 - School problems
 - Family conflict
 - Grief
 - Relaxation Exercises
- Family, couples and individual psychotherapy for adults, adolescents and children.
- Comprehensive evaluation of patients and treatment planning
- Treatments with demonstrated efficacy by highly-trained professionals
- Complementary techniques that are integrated with medical treatment.

WHO ARE WE?

The permanent staff of the Psychotherapeutic Centre consists of psychologists. Each of them has also obtained an additional diploma in psychotherapy.

The majority staffs have further specializations in particular forms or techniques of therapy and are specialized regarding particular problems.

➤ APPOINTMENT:

Appointment should be made in person, by telephone or e-mail. Open on weekdays from 9 am to 4 pm.

➤ PRACTICAL INFORMATION:

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