



## U Got This Mental Health & Wellbeing Clinic.

U Got This Mental Health & Wellbeing Clinic is an alternative service for dealing with long term unresolved Anxiety related issues.



# Our Aim

The aim of the practice is to work specifically with patterns, triggers and underlying root causes of issues that may keep repeating its patterns and keeping individuals stuck from moving forward with their lives.

The clinic was set up after trialing the techniques with long term anxiety sufferers who had tried some talk therapies and required more in depth work.

Clients reported great results within 3-4 sessions which led to this clinic being set up.

The sessions are short term and adults on average take 3-4 1.5 hour sessions. Young people up to 6, 1 hour sessions with work with parents additional over 1 or 2 sessions.



# The Practice works with:

Anxiety

Depression

PTSD

Childhood trauma

Borderline personality disorder

Fear

Panic attacks

Separation Anxiety

OCD

Attachment issues

Identity issues

Anger management

Parenting issues.

Bullying

Negative thoughts & behaviours

Abuse

Trauma

Inner child work

Addictions

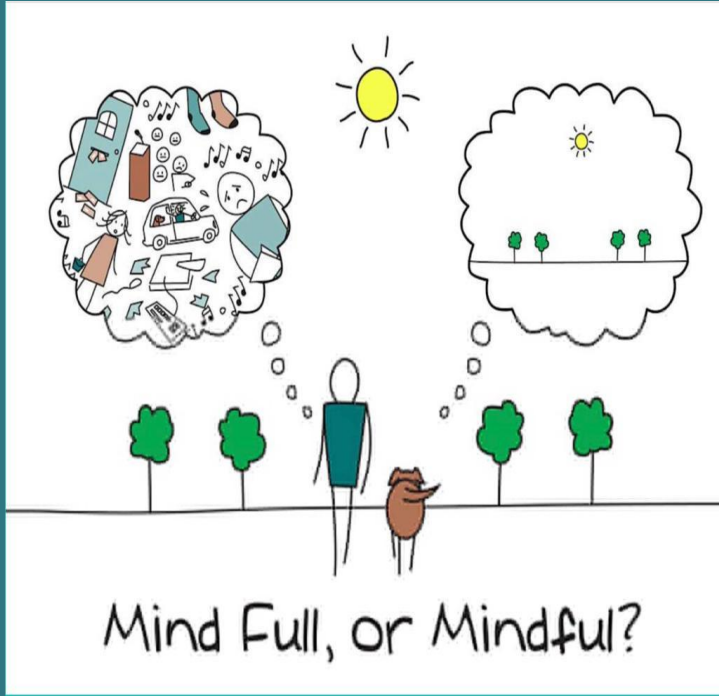
Relationships

Eating disorders

Domestic abuse & more



# Our Techniques



EMDR psychotherapy

EFT tapping ( Energy Psychology)

Matrix Reimprinting ( Energy psychotherapy)

Social work therapeutic models such as Attachment work/ Inner child work/Life story/ parenting programs/ Behaviour management work, Anger management.

Mindfulness and more...

The techniques involve working with the subconscious mind from birth to current age with events, memories, experiences, thoughts and beliefs were individuals may be stuck with frozen memories or thoughts that have gone unprocessed.

The techniques used works with both hemispheres of the brain and deactivates the stress response from the part of the brain that is responsible for fight, flight or freeze. Bringing the mind and body back into more balance.

# Clients reported progress in:

Significantly reducing Anxiety levels

Resolving long term Trauma

Eliminating physical symptoms of Anxiety

Overcoming Depression

Dissolving Anger

Form greater Relationships

Reducing symptoms in chronic illness

Reducing the urge in Addictions

Higher productivity

Greater decision making

Collaborate better with their minds

Increase in self esteem & Confidence

Believe in themselves

Be free and Move forward with their lives



# Here is what clients are sharing:

Physical symptoms of anxiety alleviated after 3 sessions'

'Depression lifted after 30 years'

' Social Anxiety gone after 4 sessions of uncovering childhood bullying'

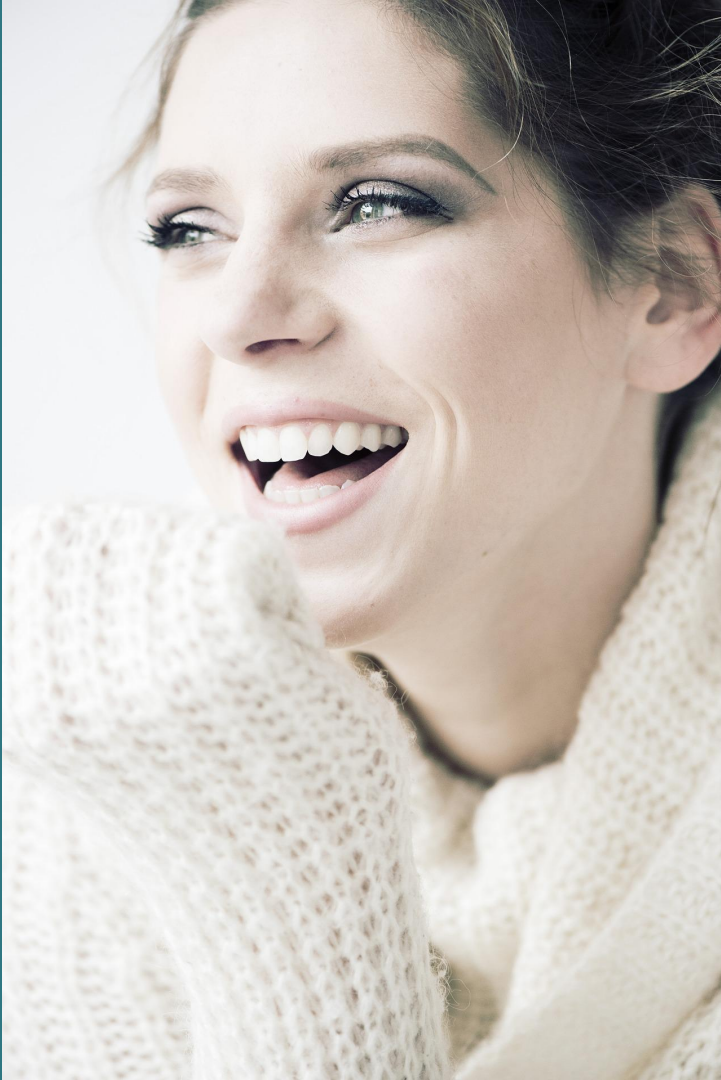
'OCD thoughts went after 3 sessions'

'Panic attacks gone following 3 sessions '

'My urge to gamble went after 2 sessions, Addiction resolved'

'Anxiety gone after releasing childhood trauma'

'I am a better parent, more stable productive and formed greater relationships'





'My PTSD, Anxiety and Depression started to lift after 3 sessions and has been life changing for me'

'My Anger & Behaviour issues resolved after a session'

'I came for Anxiety treatment and am now also more confident, Assertive and productive'

'I have greater relationships after uncovering difficult experiences with my mother in childhood'

'I was in a state of depression since a child and thinking I was rejected. The therapy help me uncover and deal with the past which has massively reduced my Anxiety'

And more.....



# Thank You.

Contact: Tasneem Dahegamia

Website: [www.ugotthis.org](http://www.ugotthis.org)

Email: [tazd@ugotthis.org](mailto:tazd@ugotthis.org)

Phone: 07780664061



Address:

Suite 24 Blackburn Enterprise Centre  
Blackburn  
BB1 3HZ

[Google review](#)

[Facebook videos](#)

