

# E//DEN

WELLSTYLE

connecting communicating compassionating

W E // L N E S S



A new paradigm in holistic mental health as a lifestyle



#### Our Values

Connecting Communicating  
Compassionating



#### Our Service

Reliable and fast



#### Our Promise

Fully vetted, qualified therapists  
and trainers



# Fast Access Pathway

Every client is assigned a personal concierge from first contact, through online therapeutic engagement , and beyond.



## What is Eden Wellstyle?

E///DEN Wellstyle is a flagship curator of connecting, communicating and compassionating reliable and fast holistic wellness solutions for every individual that is referred to us. Offering fast online access to a wide range of therapies, whoever and wherever you are.

At E///DEN Wellstyle, our approach to mental health is *holistic wellness as a lifestyle and not just an answer to a crisis.*



# Fastest access in UK for ADHD and Autism assessment appointments

## YOU at the centre of everything

We put YOU at the centre of everything YOU want to determine YOUR wellness needs. E///DEN is with YOU on YOUR journey to a better quality of life. Access to therapeutic care through E///DEN serves to empower our associates through personal choice and professional guidance.

### We do this through committed valued action of:



**Connecting** – bridging you with the best doctors, therapists and coaches to suit your needs.



**Communicating** – ensuring we communicate with you and listen to you every step of the way.



**Compassionating** – a word coined by E///DEN to ensure we are kind and compassionate in all we do which we hope will impact positively on everybody associated with us.

Now Accepting GP, Psychiatrist,  
Employer, Educator and Self Referrals.

We do not operate a waiting list. All referrals will be managed by a dedicated case manager who will assign your case within 48 hours ensuring communication is confidential and effective between customer, therapist and referral source.

### Patient Testimonial

“...the fact that he is leaving the house for a walk in the park, has 2 study partners (face to face), and is actually excited to go back to college in September are all things we didn't think were possible a few months ago and it's great to know that If he is struggling in college, we have the security of arranging a review.”

“I just want to reiterate on behalf of my wife and I, that when this whole thing started, we didn't know where to turn. It was a nightmare. Then we found you, and things started going uphill. Your care and devotion is unparalleled. We have immense appreciation.”

# What We Offer:

Fully online wellness services to individuals, groups and organisations including but not limited to:



Psychiatry



Counselling



Occupational Therapy



Family Therapy



Cognitive Behaviour Therapy



Cognitive Analytic Therapy



Integrative psychology



Nutrition guidance



Acceptance and Commitment Therapy



Coaching



Fitness



Social prescribing



Educational Assessments



Psychological Screening



Psychiatric Assessments



Body recomposition courses

E///DEN is a prosocial organisation and puts you at the centre of everything you need. Our therapists and trainers are fully vetted, DBS checked, insured and qualified to meet our highest standards of clinical governance and service excellence. Our specialist health providers are not employed by E///DEN to ensure our services remain trusted and have no influence on sales targets or financial gains.

We keep the main thing the main thing! That is quality services that make a difference in people's lives. We offer the best treatment, in the fastest time, by the best wellness practitioners, whilst never compromising on care. We are on your journey to a better quality of life, leading the field of holistic and person centred therapeutic provisions for our clients, practitioners and referrers.

# Appointment service for Private CAMHS and Adult services

E///DEN Wellstyle is a premium appointment service to provide fast access to online wellness specialists.

## Our Professionals:

We have a growing network of 30 therapists and more than 15 Psychiatrists, Clinical Psychologists, Sports Nutritionists and Movement facilitators with our valued associates all working towards a higher quality life and optimum mental health. When you join you will be assigned a VIP Priority concierge case manager that will support you through your journey.

# 30+

Therapists

# 15+

Psychiatrists



**Online Service:** We cover the whole of the UK with all our sessions held online, it is the perfect opportunity for anyone and anywhere. Our diverse team offers over 16 different languages, including Arabic, All European Languages, Hebrew, Yiddish, Urdu and more.



**Fast Access:** E///DEN is a pioneering approach which supports the NHS to manage their increasing demands. Inconceivable service pressures affect the waiting time for patients and can contribute to a deterioration in mental health presentation, subsequent engagement, recovery, and treatment outcomes. E///DEN do not operate a waiting list offering support to everyone as soon as they get in touch. Consultant clinicians seek to work with E///DEN to ease the NHS backlog, trusting our ethical shared care plan approach that is sensitive to personal finances to return care back to the NHS when the time is right.



**All Under One Roof:** We will directly refer you to top practitioners and consultants, taking care of you and everything you need, all under one roof with immediate access to a wide range of services.



**Personalised Services:** Our goal is to lead the way in mental health as a lifestyle, changing your everyday patterns and routines to lead to an overall optimum health.

# E///DEN 101 Debunking some of the Jargon



**Psychiatry** is a branch of medicine that specialises in the assessment, diagnosis, treatment and prevention of conditions that affect mental health. A doctor who works in psychiatry is called a psychiatrist. Psychiatrists may prescribe medication but not always. Our consultant psychiatrists specialise in many areas such as:

- **Child and adult Neurodiversity** that includes **Attention Deficit Hyperactivity Disorder (ADHD)**
- **Autistic Spectrum Condition (ASC)**
- **Private and confidential Child and Adolescent Mental Health Services (CAMHS)** up to the age of 18 years
- **Adult Mental Health Services (AMHS)** for 18 years+.



**Psychotherapy** is a method by which someone can reduce their mental suffering through talking to a therapist, who is trained to help them understand their thoughts and feelings. Psychotherapy can be carried out using different methods. Your therapist might be trained in one or more of these methods, all aimed at helping you process thoughts and feelings.

We provide a **premium appointment service** for Psychiatrists, Psychologists, Psychotherapists, Counselors, Personal Trainers, and Teachers who will tailor a programme for your personal wellness needs and to elevate your lifestyle, your well-style.



Our psychotherapy approaches include:



**Cognitive Behaviour Therapy (CBT):** A modality that treats thoughts and habitual thought patterns as types of behaviour, which can be changed. Your thought patterns are often what lead to changes in mood, anxiety and other difficulties. CBT is listed by the government's NICE Guidelines as one of the preferred treatments effective for anxiety, depression, phobias, trauma.



**Cognitive Analytic Therapy (CAT):** Similar to CBT, CAT is a form of cognitive therapy that supports somebody to explore thought patterns and develop ways to change these so they can cope better with life.



**Acceptance and Commitment Therapy (ACT):** A psychological intervention that uses acceptance and mindfulness strategies along with commitment and behavioural change strategies to increase psychological flexibility.



**Integrative psychotherapy:** Integrative therapists use a variety of different approaches and modalities to help somebody deal with their difficulties.



**EMDR:** A specific type of therapy for trauma which uses eye movements to help the brain process and discharge negative emotions arising from traumatic experiences. This is an effective approach to dealing with trauma, anxiety and other adverse life experiences.



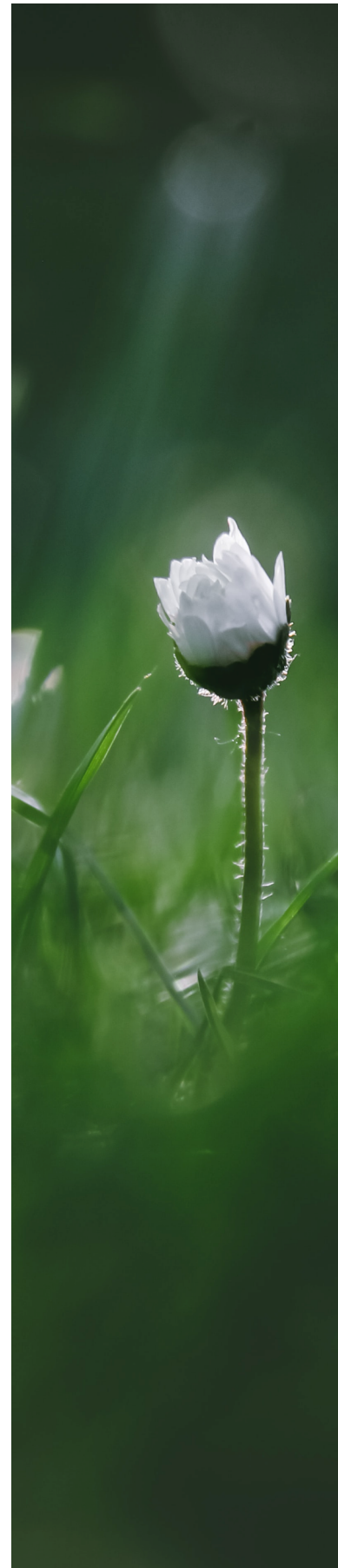
**Transpersonal psychotherapy:** A form of therapy developed by Assagioli and colleagues, which focuses on understanding the spiritual aspect of counselling.



**Jungian analysis:** Psychoanalysis as developed by Carl Jung, focusing on a person's childhood experiences and how these may have affected the way they experience and manage their life.



**Family therapy:** Psychotherapy for couples and families, focusing on family systems and processes and how these can affect the members of that family.





**Group Therapy** means meeting in a group with others who have been experiencing similar challenges. Group therapy can be either open or closed; person-centred or task-oriented and are offered across the different services at E///DEN including fitness, arts and psychotherapy.

- **Open groups** allow people to join during the process.
- **Closed groups** are with a specific set of people for a given time, so they can go more deeply into their understanding of the emotions and thoughts they might face.
- **Person-centred groups** aim to help people with similar difficulties work on problems, learn coping skills and develop themselves.
- **Task-oriented groups** are when a group of people work on a shared activity, such as art groups.

Groups are held online and are run either by trained psychotherapists, qualified occupational therapists or experienced facilitators and teachers.



**Counselling** is one form of therapy that enables a person to talk about and understand the problems and challenges in their lives



**Occupational therapy** is about helping a person to achieve maximum independence despite their mental or physical challenges, which could include a disability or mental health condition. Occupational therapists assess people's lives and use occupation, that is the activities that person lives with, to help them transform themselves and maximise their potential in life.



**Addictions therapy** is a specific set of therapies that are integrated and used to help someone cope with and overcome an addictive behaviour, such as alcohol or drug addiction, sex addiction, shopping addiction, social media addiction, gaming addiction and gambling addiction.

Every client is assigned a **personal concierge** from first contact, through online therapy, and beyond. We offer **fast access appointments** for therapy modalities AND MORE

## Fully qualified, insured and vetted professionals



**Coaching** is a way to help someone improve something in their life and achieve their goals. It is not therapy. Examples include sports coaching, exam coaching, work coaching and life coaching.



**Movement and Fitness** Physiotherapists focus on treating injuries and rebuilding their body and fitness after an injury, illness or trauma. **Yoga** is a form of stretching and exercise originating in ancient India. It is connected with a philosophy of wellbeing dating back to ancient times. **Fitness Coaches** and **Personal Trainers** help people to improve the physical condition of their body through personalised, planned exercise programmes. **Tai Chi**, the ancient Chinese martial art, can be practised for health benefits. **Qigong** coordinates the breath, the body and mind in movement for powerful spiritual health and healing purposes.



**Dietetics & Nutrition** Dieticians are clinically trained and work with complex cases where food and diet are affecting a person's health. Typically they work with adults and children with eating disorders, eating problems, swallowing and other difficulties. Nutritionists are not clinically trained but focus on helping people improve their diet and nutritional awareness, plan their meals and maximise healthy eating.



**Therapeutic Art** Art can be used as a way to express your creativity and grow a new interest. Our art teachers are trained to help you learn and develop your artistic skills and to enjoy the process of being creative.



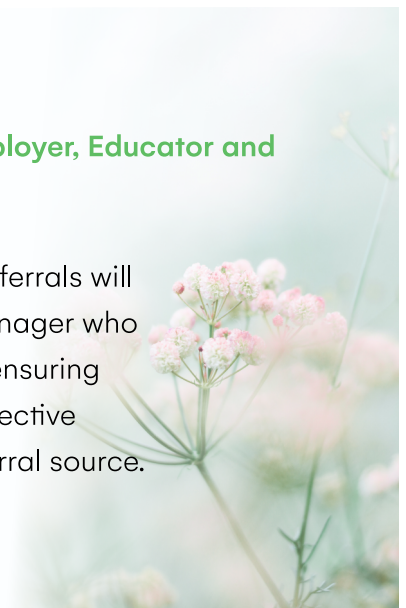


**Psychology** A field that focuses on the mind. Our psychology service features specialists such as:

- **Clinical Psychologist** - Highly trained in the use of psychological methods of assessing, diagnosing and treating mental and emotional disorders, as well as research into the causes of these disorders and the effects of therapy.
- **Counselling Psychologist** - Thoroughly trained in ways to focus on working with a tailored psychological formulation to improve psychological functioning and well-being.
- **Educational Psychologist** - Specialist training and skill acquisition in psychological and educational assessment techniques to help those having difficulties in learning, behaviour or social adjustment to improve children's learning and development.
- **Integrative Psychologist** - To improve significant health and well-being outcomes, this holistic approach to treatment involves selecting techniques from different therapeutic fields that are best suited to a client's particular concern.

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# Award-winning ADHD Test

**QbCheck** is an objective test that can be used in the assessment of ADHD and for the evaluation of different treatments in patients with ADHD. The test involves motion tracking systems and computerised tasks that requires continuous attention and impulse control. As a result, the tests provide data on all core signs of ADHD, that is, hyperactivity, impulsivity, and inattention. The tests can be used in children (6-12 years) and in adolescents/adults (12-60 years). Qbtech gives you, the healthcare professional, objective data to inform your decision about ruling in or ruling out ADHD. It's time for a closer inspection.



### Improve Quality

Using the best technology to give clinicians the power to clearly interpret symptoms



### Aid Diagnosis

Giving clinicians the tools and training to make more confident diagnostic decisions



### Treatment Optimization

Working with clinicians to monitor and enhance treatment for ADHD

The QB check gives you, parents, educators and importantly the person experiencing symptoms a real display of functionality with useful images and explanations too. This can be used as a practical guide for further assessment, clinical intervention, school support and even family and relational support too.

Fastest Access In UK For ADHD And Autism Assessment Appointments

# “Taking Committed Action for Mental Health”.



E///DEN Wellstyle is breaking down the ‘healthcare silos’ who often ‘stay in their own lane’ and rarely intercommunicate. Eden is providing true interdisciplinary care.



Meet Our CEO and Founder

## Dov Benyaacov-Kurtzman FRSA BA LL.B BSW

PgDip Psychiatry

*Awarded The Queen's Platinum Jubilee Award for outstanding volunteer work in the crisis response sector*

Dov Benyaacov-Kurtzman is a psychotherapist with a wealth of training and experience in several disciplines. His work shows us that valued action, small or big, can bring us together and help healing.

Dov merited a private audience with HRH Prince William in recognition for the contribution of his charity organisation with their psycho-trauma work in the UK after a series of terror attacks and man-made disasters.

## Qualifications

- Acceptance and Commitment Therapy — ACT Immersion – Professor Steven Hayes
- Acceptance and Commitment Therapy — Birmingham University
- Acceptance and Commitment Therapy — Year Course — Matthieu Villate Training
- BA Government specialising in Counter Terrorism — IDC Herzliya
- BSW Social Work (2:1) — Ashkelon School of Social Work
- Certificate in Cognitive Behavioural Therapy — Psagot College
- Certificate in Marriage and Family Counselling — Yanar College
- EMDR practitioner certificate (Parts 1, 2 and 3) — Richman EMDR Training
- LLB Law and Government — IDC Herzliya
- Post Graduate Diploma in Psychiatry (Distinction) — Cardiff University School of Medicine
- Relational Frame Theory — Matthue Villate



Meet Our COO

## Kimberley Cairns BSc MSC MBPsS

**Integrative Psychologist**

Kimberley is compassionately committed to empowering individuals to achieve their fullest potential. Complementing the innovative E///DEN Wellstyle approach to holistic human health, whilst simultaneously challenging mental health inequalities; Kimberley brings a wealth of experience from her clinical, corporate, educational and voluntary background. Kimberley offers a personal touch for aligned operations to ensure ethical, safe and superior patient care knowing that a warm welcome is waiting for every associate of E///DEN Wellstyle for a deserving and meaningful wellness experience.

### Integrative Therapy

- Acceptance and Commitment Therapy
- Cognitive Behavioral Therapy
- Humanistic
- Transactional Analysis
- Psychodynamic Therapy & Mindfulness





## Are you working with Mental Health?

Book a free 10 minute live and online session for tips on complex case management. Our popular, quick and no hassle resources are suitable for yourself, your team, department or colleagues. Let us help you to help those you care for.



**Now Accepting GP, Psychiatrist, Employer, Educator and Self Referrals.**



E///DEN is your premium service for mental health referrals. Experts in empowering people to achieve and maintain their own personalised wellness goals.

**For GPs / For Professionals / For Patients / For Employers / For Educators / For YOU**

Disclaimer: Eden Wellstyle is a premium appointment service and network curator of outsourced online wellness providers and clinicians. Eden Wellstyle does NOT provide any medical or regulated services whatsoever.



[www.edenwellstyle.health](http://www.edenwellstyle.health)



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