



Greenwich Time to Talk
Improving Access to Psychological Therapies (IAPT) in Primary Care
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Private & Confidential

Dr M Ashworth
Ludwig Guttman Centre
40 Liberty Bridge Road
Stratford
E20 1AS

2 March 2021

Dear Dr Ashworth

**Re: Elizabeth Perloff DOB 12/01/1966
6 BARRIER POINT ROAD, LONDON, E16 2SB**

Following ten sessions of CBT, Liz has now been discharged for Greenwich Time To Talk. Liz attended all agreed appointments, engaged with therapy, and found some aspects of the meetings helpful, although overall did not feel that the acute trauma she has incurred through her experiences within the NHS was addressed.

I do hope that in the future Liz will be able to find a pathway to be able to resolve her experiences and hopefully find a some kind of closure

Yours sincerely

**John Gittos
Cognitive Behavioural Therapist
Greenwich Time to Talk**

e mail only

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