

West London

PSYCHOTHERAPIST OF THE YEAR

Sarra Awan (Free Our Mind)



Sarra Awan is a qualified psychotherapist based in Chelsea, specialising in cognitive behavioural hypnotherapy. By successfully integrating the scientifically proven techniques of cognitive behavioural therapy (CBT) with the transformative effects of clinical hypnotherapy, Sarra offers a distinct and effective approach to mental health treatment. Whether you are an adult seeking relief from anxiety, a teenager navigating the challenges of adolescence, or a parent seeking support for your child, Sarra brings extensive expertise in treating a spectrum of issues including generalised anxiety disorder (GAD) and stress-related issues, depression, phobias, obsessive-compulsive disorder (OCD), panic attacks, and social anxiety.

The judges were impressed by Sarra Awan's success in using innovative techniques to treat GAD. Her methods empower clients to develop strategies to overcome challenges and create positive changes by adopting a rational and self-empowered mindset. Sarra Awan's practice is renowned for its effective, results-driven approach, featuring individualised treatment plans tailored to each client's unique needs. She has cultivated a confidential and supportive environment where every client feels empowered, understood, and valued.

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Sarra Awan is passionate about prioritising our mental wellbeing and gain great satisfaction from equipping her clients with the tools and skills they need to become their own therapists.
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