

# CRB CONSULTING ROOMS

BIRMINGHAM



Dr M S Sonsati, Consultant Psychiatrist & Director, and Mercedes Gomez, Practice Manager, The Oaktree Clinic.

## Mental health is No 1 priority

**We listen, we treat, we care. That is the admirable aspiration of the professional team at the Oaktree Clinic, an independent organisation of skilled, experienced, dedicated consultant psychiatrists, clinical psychologists and other mental health professionals, based in Edgbaston.**

Formally launched in October last year, The Oaktree Clinic was so well received that they moved from George Road to larger premises at 38 Harborne Road, Edgbaston.

According to the director of the clinic, Dr. Sonsati, "Every professional in our team has a common goal: to help people find relief from symptoms of mental illness, emotional problems or psychological trauma, to assist them understand their issues better and achieve satisfaction and their potential in life. We have worked hard to make the best multi-disciplinary mental health services available to everyone in the Midlands. We greatly value our patient feedback, which so far has been overwhelmingly positive."

The core psychiatric team is:

- **Dr White**, one of the most experienced Psychiatrists in Midlands, a Royal College assessor, Medical Advisor to the General Medical Council, UK.

Dr White has started and run many patient services in Birmingham.

- **Dr Sonsati**, the founder of the service, is a skilled consultant psychiatrist with a wealth of experience in treating eating disorders, liaison psychiatry & neuropsychiatry. She is passionate about campaigning against stigma of mental illness.

- **Dr Gautam Bettogowda** is a general adult psychiatrist with special accreditation in psychiatry of addictions. His areas of expertise also include treating mood



disorders, post-traumatic stress disorder, personality disorders, Schizophrenia and mental health issues related to work stress and relationship problems.

Their team of psychologists includes:

- **Dr Judith Holden**, with experience in issues related to complex psychological trauma and personality disorder. She has specialist qualifications in CBT, EMDR and supportive counselling.

- **Dr Laxmi Budhwar** is a specialist child psychologist with qualifications and training in neuropsychology, with an experience of more than 15 years. A member of the Consortium of Expert Witnesses, Dr Budhwar has a thriving medico-legal practice.

Practice manager Mercedes Gomez says, "As an organisation, The Oaktree Clinic aspires to be recognised in Birmingham and the rest of the Midlands, as a reliable, high quality and trustworthy multi-disciplinary mental health service."

### THE OAKTREE CLINIC

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## The natural choice for medical professionals

**THE Consulting Rooms at 38 Harborne Road, Edgbaston, are a long-established and highly regarded Medical and Health Consultation Centre that has been favoured by Clinicians for many decades.**

Changes at the top of this long-established business have put the focus on developing a reputation for high quality consulting rooms encompassed within a well organised service that includes efficient and welcoming staff.

Director Linda McBride, who has practiced psychotherapy from the consulting rooms for over ten years, took over the ownership of The Consulting Rooms in June last year.

Linda said: "In my new position at the helm of this exciting health hub, I am delighted to have a host of highly-skilled medical professionals regularly working from here, including specialist eye surgeons, orthopaedic, neurosurgeons and general practitioners.

"Our latest specialist in permanent residence are Signature Orthodontics and more recently The Oaktree Clinic Psychiatric and Psychology Services.

"The vision is to continue extending the services offered whilst creating a friendly, warm and inclusive environment where every single patient and colleague is treated with respect.

"We are currently looking to make use of our treatment room, The Westbourne, which is ideal for performing minor medical procedures and would suit dermatology or any other specialisms involved with small surgery work."

The Consulting Rooms is open seven day a week from 8.30am to 8.30pm, (late evenings with prior agreement).

It offers medical and health professionals the opportunity to practice from private consulting rooms in the heart of the city's medical quarter, with the flexibility of ad hoc, sessional and longer term agreements backed up by all the benefits of a well-run, welcoming front of house operation.

### THE CONSULTING ROOMS

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Director Linda McBride took over ownership of The Consulting Rooms in June 2014.



The Signature Orthodontics team is led by Dr Preet Bhogal, who is pictured with his wife Dominika and sister Suky.

## Confidence in your smile

**HAVING a nice smile is no longer just for the privileged. More people are realising that they can have can have specialist orthodontic treatment at any age and it is more socially acceptable to have your teeth straightened, even as an adult.**

Superb treatments are now available at Signature Orthodontics, a specialist orthodontic practice at 38 Harborne Road, Edgbaston.

It is very much a family practice - Dr Preet Bhogal is the specialist orthodontist; his wife Dominika is the practice's orthodontic therapist; and Suky, the practice manager, is Preet's sister.

The Signature Orthodontics surgery has been fully equipped to a very high standard, with a focus on patient comfort, safety and aesthetic improvements.

"We have all trained to the highest recognized UK standards in our area of expertise and have a proven track record, just look at our website" said Preet. "We hope with our lovely new comfortable practice and our dentistry experience and expertise, we can bring Harley Street quality to the West Midlands.

"Appointment flexibility for our patients is also very important - and our opening hours can accommodate early morning, late evening and weekend appointments to suit."

Orthodontics is a speciality area of dentistry that is concerned with diagnosis and treatment of irregular alignment of teeth, jaws and the face.

*Signature*  
Orthodontics

The treatments are very affordable; the investment can be broken down into manageable payments over a short period.

Preet explained:

"Orthodontics is not just about straight teeth, it is about improving facial aesthetics and improving physical, mental and social well-being.

"There used to be a limit to who could be treated and at what age. Unfortunately this is still the case within the constraints of the NHS. However, we are noticing a big surge in the request for treatment because having a nice smile builds confidence.

"Treatment for children remains a core part of our business and we offer out of school hours appointments to help parents plan their day."

### SIGNATURE ORTHODONTICS

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