

# Psychotherapy



Psychotherapy recognises the impact of current and lasting trauma, when stressful events, experiences or something witnessed make you feel unsafe, helpless or vulnerable. Working with a therapist to think about what has happened to you, not what is wrong with you or finding a diagnosis.

This is a process of talking with a trained therapist who can help you understand and cope with your mental health issues. Psychotherapy can help you learn more about yourself, your feelings, your thoughts, and your behaviours. Psychotherapy can also help you develop new skills and strategies to deal with the challenges you face in life.

## What does Psychotherapy treat?

- Addiction & substance use disorder
- Anxiety
- Bipolar
- Depression
- Eating disorders
- Insomnia
- Obsessive compulsive disorders (OCD)
- Phobias
- Psychosis
- Post traumatic stress disorder
- Coping with the effects of abuse
- lack of confidence or extreme shyness
- Sexual problems
- Self harm
  
- Psychotherapy is a recognised effective treatment when experiencing/coping with many life changing, traumatic experiences, including:
  - Divorce and relationship breakdowns
  - Bullying & coercion
  - Chronic pain or serious illness
  - Grief or loss
  - Low Self esteem
  - Stress
  - Extreme mood swings

Psychotherapy is not for everyone. It may not be the best option for your situation.

If you have any doubts about psychotherapy, you should talk to your doctor or another mental health professional who can advise you on other options or resources that may be more suitable for you.

## What to expect

What happens during psychotherapy depends on the type of psychotherapy you choose, the therapist you work with, and the issues you want to address. Typically elements of psychotherapy are:

You will have regular sessions with your therapist, usually once a week or every other week, for about 45 to 50 minutes each.

You will be able to talk freely and confidentially in safe place about your problems, feelings, and experiences with your therapist, who will listen, with compassion, without judgement and ask you questions to help you understand yourself better.

Psychotherapy can be a rewarding & a beneficial experience. It can also be challenging and uncomfortable at times by confront difficult emotions, memories, experiences that you have avoided or suppressed.

Working with your therapist you will set goals and plan how to achieve them. You will also monitor your progress and make adjustments as required.

Psychotherapy is a process that takes time, effort, and patience. The outcome of psychotherapy depends on many factors, e.g., the severity and duration of your problems, the quality of your relationship with your therapist, and the support you have from others.

Other benefits:

- Improved communication skills
- Healthier thinking patterns
- Awareness of negative thoughts
- Greater insights about your life
- Ability to make healthier choices
- Better coping strategies to manage distress
- Make stronger family bonds

You are very welcome to book a free 30 minute consultation (with no obligation or commitment), to help you decide if you are ready to start therapy, if this treatment & the therapist is right for you.

