

What can I expect in therapy?

In my experience you will be more comfortable in attending therapy, when you know what to expect. Therefore, as we progress I will provide you with some information sheets. In general, we will discuss the information in our session. The information is given for you to take home to ensure you have the information to review and in case you wish to ask any questions.

The type of therapy I offer combines two main approaches

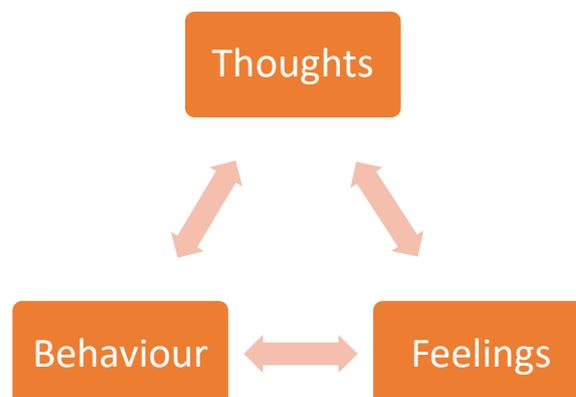
‘Person centred’

Person centred therapy is a non-directive type of therapy. It allows the client to take the lead in discussions so that they discover their own solutions. The role of the psychologist is to help the client without judgement and helping the client in their exploration. The therapist is there to encourage and support the client.

Cognitive Behavioural Therapy (CBT).

This type of therapy is designed to encourage you to look at thoughts and behaviours and to understand why your thoughts and behaviours may influence your emotions. CBT is collaborative where the psychologist and client work together to solve problems. My role is to help you learn skills to address your problems and work with you to apply these skills to your life outside of the session.

- Throughout our therapy we will begin to work on the cognitive triad (see below). This is looking at how your thoughts, feelings and emotions relate to each other.
- Together we will agree on the topic you would like to work on.
- At times I may redirect our focus back to this topic, however, there will always be time in our sessions to discuss something that feels important to you.



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