



INTEGRATIVE PSYCHOTHERAPY/THERAPY

What is Integrative Psychotherapy/Therapy?

Integrative Therapy draws from various therapeutic approaches, allowing us to tailor therapy to each individual client as much as we can.

It incorporates elements, ideas and tools from, for instance: general counselling, cognitive behavioural therapy, person-centred approaches, behavioural activation, dialectical behavioural therapy, stress management therapy, mindfulness, schema therapy, compassion focused therapy, lifestyle coaching and elements of other approaches. The key basics are:

- There's no single approach that can treat, help or support each client in all situations. Therapy and counselling must be tailored to your individual needs and personal circumstances.
- It aims to ensure that all levels of your being and functioning (mental, physical and emotional health) are maximised to their full potential.
- You will be encouraged to start setting goals and practising new behaviours that will enable you to move beyond your current problems. This is achieved in many ways, for example: increasing self-awareness; identifying triggers; self-exploration; and establishing an open, co-operative and trusting therapeutic relationship with your therapist.
- The length of therapy depends on each client, therapeutic goals and types of problems/issues you wish to address.
- Integrative Therapy is private and confidential. Your therapist will explain confidentiality, cancellations, working agreements and so on with you at the initial Evaluation Appointment.