



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.

Integrative Therapy 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 of Integrative Therapy 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.