

## Types of therapy we offer

Outlined below are just a few of the options that might be available to you. It is important to remember that you don't need to make any decisions before your first appointment, but you may start to get an idea beforehand.

### Individual Therapy

\* **Cognitive Behavioural Therapy (CBT)** focuses on understanding how people's thoughts (cognitions) and actions (behaviours) affect their feelings. It is an active process which helps you identify vicious cycles and find ways of changing things rather than just talking. It involves setting clear goals and completing tasks outside of your sessions. We can also provide this type of therapy both over the telephone and online.

\* **Counselling** places more of an emphasis on you being able to talk through your difficulties and explore different solutions or ways to manage them. It can be a helpful option for when there are many or sudden adverse changes in your life.

\* **Interpersonal Therapy (IPT)** focuses on people's relationships and interactions with others. IPT seeks to improve your communication skills, expression of emotion and ability to be appropriately assertive.

IPT typically focuses on the following relationship difficulties: conflict with another person, role change, grief and loss, difficulty in establishing or maintaining relationships.

\* **Dynamic Interpersonal Therapy (DIT)** is a recommended therapy for depression. It helps people whose depression is linked to problems in a variety of relationships in their lives (e.g. with friends, family, partners, colleagues etc). These difficulties will be experienced both now and in the past. The therapy works towards understanding these problems with the goal of having more fulfilling relationships in the future.

\* **Eye Movement Desensitization and Reprocessing (EMDR)** addresses emotional difficulties that often relate to disturbing or traumatic events. Research suggests that when someone experiences extreme levels of panic or anxiety their memories of this event can become 'trapped'. EMDR helps the person to access and then 'reprocess' those trapped memories.

### Guided Cognitive Behavioural Therapy (CBT)

We offer CBT either in a structured way (as above under 'Individual Therapy'), but it is also common that we would offer CBT in a more guided fashion which involves a set number of sessions with a Psychological Wellbeing Practitioner (PWP). The PWP will support you in using recommended CBT based self-help materials (i.e. books/websites), as well as helping you to develop coping strategies to manage your difficulties more effectively.

**NOTE** - Availability of all the above therapies may depend on which surgery you are registered with. However, we will do our best to accommodate your preferences.