



Therapy

Description

Sometimes we may need some extra help to get through a difficult time, or to tackle a behaviour we'd like to change.

Therapy helps you overcome emotional challenges and get your life working again quickly. This is the case even if you have suffered traumatising events.

Practical and forward focused, therapy sessions include explanations for why difficulties arise and where solutions lie. We will explore together to clarify what you want to change and check that progress is being made in line with your goals.

Therapy can address many concerns, including:

- Reduce anxiety – generalised anxiety, panic attacks, fears, phobias, lack of confidence
- Break the cycle of depression
- Resolve trauma – dissolve the symptoms of post-traumatic stress disorder (PTSD) safely and quickly
- Manage anger and distress
- Improve relationships – by looking at differing needs and reactions
- Reduce overwhelming stress
- StoTherapy and Counselling sessions are booked in single sessions and with a view to helping you in as few sessions as possible. p addictive behaviour – you can be freed from all forms of addiction – providing you are ready to make the effort to stop

We will work together to identify and build on your own resources and create a 'toolkit' of ideas that you can easily use straight away and in the future.

While listening carefully and kindly, we will not dwell unduly on the past.

The aim of therapy is to enable you to feel a positive difference from your very first session!

Therapy sessions are booked in single sessions and with a view to helping you in as few sessions as possible.

We offer an initial free 15 minute phone discussion so that you can find out whether this will suit your situation.

[Get In Touch](#)

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