

What does psychotherapy entail?

If you think that psychotherapy may help you or you have been referred by your GP or Psychiatrist, I will arrange an initial appointment so that we can meet to discuss your difficulties. Psychotherapy is a "talking treatment" and the purpose for this meeting is to try and ascertain whether, for you, this approach makes sense and, for me, whether I feel I can be of help. If we both think that it could be helpful to continue then I will arrange to meet with you on a regular basis (usually at a minimum of weekly appointments). I am afraid that I cannot accept requests for psychotherapy that involve payment through health insurance schemes. In my experience this involves unacceptable constraints in terms of how the therapy should be conducted. It is important to emphasize that psychotherapy is neither a medical procedure nor a psychiatric treatment: it doesn't follow a predictable course, depend on a psychiatric diagnosis or have a certain outcome. It involves talking as freely as possible about yourself and your difficulties so that I can help you understand yourself in a different way. This takes time and continues for as long as it is useful and helpful to do so.