

Psychotherapy

Psychotherapy is a type of mental health treatment that involves talking with a trained mental health professional to address emotional and behavioural difficulties. Whether individuals have a diagnosis or not, psychotherapy can be supportive in processing historic experiences, current challenges and managing behaviours.

Our approach values the therapeutic relationship as a key factor in the healing process, providing a safe and non-judgmental space for you to explore and process difficult emotions. We work collaboratively with you to gain insight into your unconscious patterns and beliefs, promoting long-lasting change, personal growth towards living a more fulfilling life.



Anna Freud mentions, "the only way to truly understand a person is to listen to them." Psychotherapy at Healand embodies this sentiment, as it is a highly individualised approach that values the unique experiences and perspectives of each client. By exploring the unconscious mind and individuals' early experiences, Psychotherapy can help alleviate symptoms, increase self-awareness, and promote emotional growth.

At our practice, we offer a safe and non-judgmental space for individuals to explore their thoughts and feelings, gain self-awareness, and develop coping skills. Our trained mental health professional uses an integration of psychotherapeutic approaches, at Healand we believe that each person is unique, and we tailor our approach to meet your individual needs and circumstances.

Research

Research has shown that psychotherapy can be effective in treating a variety of mental health conditions, including depression, anxiety, post-traumatic stress disorder (PTSD), and substance use disorders. A study published in the *Journal of Clinical Psychology* found that individuals who received psychotherapy experienced greater improvement in their symptoms compared to those who did not receive therapy (Shedler, 2010). In addition, a meta-analysis of 25 studies found that the benefits of psychotherapy persisted over time, with individuals continuing to experience improvements in their symptoms up to a year after treatment (Shedler, 2010).

Moreover, psychotherapy can also have physical health benefits. Studies have shown that psychotherapy can reduce the risk of cardiovascular disease, improve immune function, and decrease chronic pain (Hofmann et al., 2012; Jakobsen et al., 2017; Maunder et al., 2018).

References

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