Psychotherapy

"We become so used to the struggle and the difficulties we are facing that we forget there might be an alternative, some support, an easier way forward. Life can sometimes be incredibly hard, we do not have to manage without help."

Ryan Lowe, TTC Clinical Director

What is psychotherapy?

Psychotherapy is an important tool to address a range issues that arise in one's life. Treatment can help with challenges such as depression, anxiety, relationship struggles, anger awareness, personal development and almost all other areas of mental health or feelings of distress or unease.

Therapists are able to help us see the ways that we behave and ways that our minds have learnt to think and operate that are not serving us well. Often, we get tangled up in thinking that inhibits us from enjoying our lives or even leads us to mental ill health, depression, anxiety or hopelessness.

Through talking about challenges with a trained professional it is possible to get new perspectives on life which can lead to greater self-awareness and self-acceptance. Therapy helps ease the burden we can sometimes feel about the having to think through life's problems on our own.
There are many different ways of working as a psychotherapist, from creative interventions that include art and working with a sand tray, to more traditional talk therapy. At TTC we have therapists who have a wide range of approaches. However, the unifying philosophy is a real respect for, and care of, our clients. TTC's philosophy is to provide non-judgmental, compassionate support to those in need of professional services while also making sure that our interventions are effective and incorporate the most recent research on best practice in the field. We have rigorous clinical standards, from the level of supervision and training that our staff receive to the careful attention given to client care.

Pyschotherapy

How does it work?

It is important to find a therapist that you feel really comfortable and safe with and, for this reason, at TTC we take a lot of care to help find the right therapist and approach for each person that comes to us.

Once you have found a therapist that you are happy is right for you then you will begin with an initial set of sessions for the therapist to get to know you and for you to understand the process of therapy. After this initial period, you and your therapist will talk about a longer-term plan for your work and think carefully about the issues that you want to address and need help with.

Every therapist has their own approach or style but therapy most often explores your early childhood relationships and helps to think carefully about what patterns these put in place in your thinking, your understanding of the world, and your way of relating to different people in your life. These early patterns almost always linger on and continue to influence your current behaviour, thinking and relationships. You may explore thoughts, feelings and beliefs, especially the ones that might be hidden just outside of your awareness. You may think about behavioural patterns in your life that are creating challenges for you and consider ways to practice healthier behaviour.

Psychotherapy is most usually once a week but can be more often if this would be felt to be useful. Sessions are 50 minutes long and are a confidential space between the therapist and the client. Consistency, safety and reliability are a large part of being able to trust the space that the therapist provides and so sessions will always be at the same day, time and place each week. It is really important that clients attend regularly and on time.

How long does it last?

Therapy sessions can be open-ended or time-limited. Open-ended means there is no definitive length of time your therapy will last. It will be determined by you and your therapist. It could be months or years.
In time-limited therapy you have a set number of sessions agreed by you and your therapist. Usually this entails a focus on a specific issue that may not need in-depth long-term work.

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