

Service Details

Integrative Therapy Longer Term

- Suitable for adult survivors of childhood abuse, neglect or adverse experiences
- Suitable for adults experiencing current trauma or complex trauma
- Suitable for adults experiencing depression and/or anxiety, adjustment issues
- Suitable for working with a team of mental health and other therapists

Important Elements of Integrative Therapy

- My practice is **trauma-informed and lived-experience** (this means that I have personal experience of life-changing abuse, trauma, recovery and post-traumatic growth)
- **Person-centred** (this means that I integrate numerous psychotherapy modalities to tailor a unique treatment plan for each individual client, in *collaboration* with you)
- **Integrative practice** (this means that I bring together Eastern Buddhist Psychology and evidence-based Western psychology, including Gestalt, Somatic Experiencing, Cognitive Behaviour Therapy, Positive Psychology, Coaching Techniques, Mindful Self Compassion, Acceptance and Commitment Therapy)
- **Recovery-oriented practice** (this means our work together is about your recovery long-term and not just about feeling better immediately)
- **Empowerment** (your voice is central to the way we work, with your world view respected and listened to. You remain the expert in your life)
- **Accountability** (it is essential for me to adhere to ethical guidelines and the law, and to be honest and trustworthy with you)
- **Mindfulness** (just like you might choose to train in mindfulness, I have daily practice in training my mind to be here now)
- **Diversity** (your gender, sexuality, cultural, faith, disability, mental health identity will be appreciated and honoured)

Brief Intervention with Solution Focussed Brief Therapy

- Simply a space to debrief
- Support with a current situation, decision or strategy
- Support for When Things Fall Apart
- Provides tools for longer-term self-determined recovery



Values



Compassion

- Offering unconditional positive regard, courteousness & thoughtfulness
- Client-centred practice with empathy
- Sensitivity to trauma-informed practice



Accountability

- Confidentiality, ethical conduct & professional boundaries
- Acknowledging, rectifying & learning from mistakes
- Adhering to ACA Codes of Conduct



Leadership

- Encouraging, validating & supporting others to work towards fulfilment of potential
- Inviting feedback, bracketing personal bias & promoting positive communication
- Cultivating a "Beginner's Mind" & being open to continuous change & improvement



Mindfulness

- Active listening
- Presence & professionalism
- Awareness of gaps in expertise, offering appropriate referral & undertaking ongoing professional development

Changing Habits-Of-Mind

