



**New Life**  
counselling

**Hello.**

**We're New Life Counselling,  
we're here to help you.**

**Psychotherapy**

## **What is Psychotherapy?**

Psychotherapy aims to help you gain insight into your difficulties or distress, establish a greater understanding of your motivation, and enable you to find more appropriate ways of coping or bring about changes in your thinking and behaviour.

Psychotherapy involves exploring feelings, beliefs, thoughts and relevant events in the present, and sometimes from childhood and personal history, in a structured way with someone trained to help you do it safely. Depending on the nature of your problem, therapy can be short or long term. Sessions can be provided for adults, adolescents and children on a one-to-one basis, or for couples, families and within groups whose members share similar problems.

## **What happens during Psychotherapy?**

Every session is different because each of us, and our problems, are different. Your psychotherapist will encourage you to talk and explore, in a structured way, your feelings and experiences. Depending on their training, your therapist may also suggest particular techniques as part of that exploration – for example, using art, action methods and role taking, imaging, dream or movement work.

# What is the difference between counselling and psychotherapy?

There is a general understanding that a psychotherapist can work with a wider range of clients and can offer you more in-depth work where appropriate. This is based on the length and depth of training involved and in the quality of the relationship between you and your therapist.

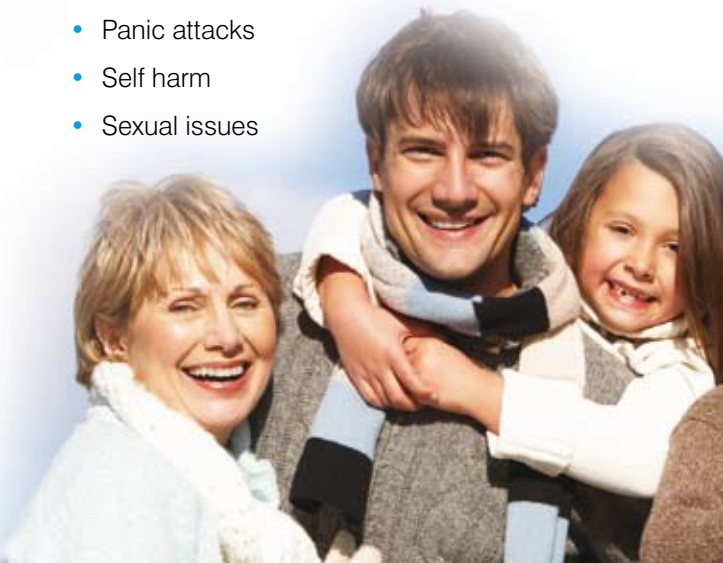
Training as a psychotherapist usually involves a longer, requiring more in depth training and extensive personal work. However training requirements for counsellors and psychotherapists can be very diverse.

Whether psychotherapy can help you will depend largely upon the quality of the relationship between you and your therapist. The key to successful therapy is finding the right therapist for you. However good a therapist is, it is the relationship between the two of you that determines whether you trust them enough, and they come to understand you enough, to help you explore and find solutions for your problem.

## Can Psychotherapy help me?

Psychotherapy has helped many people deal with mental or emotional distress, which can be experienced in many ways and which can include:

- Anxiety or an inability to cope or concentrate
- Inability to deal with stress or recover from stressful situations
- Lack of confidence or excessive shyness
- Feelings of depression, sadness, grief or emptiness
- Difficulty making and sustaining relationships, or repeatedly becoming involved in unsatisfying or destructive relationships
- Difficulties in coming to terms with losses such as bereavement, divorce or loss of employment
- Issues around food and body image
- Recovering from addiction
- Panic attacks
- Self harm
- Sexual issues



## How do I get Psychotherapy?

New Life Counselling offers psychotherapy on an individual, group and family therapy basis. You can either contact us yourself and we will arrange to meet with you or someone else can contact us on your behalf. This may be your GP, social worker or another person who is concerned about you.

If you are interested in finding out about us you can contact us at the telephone numbers or addresses overleaf or visit

[www.newlifecounselling.net](http://www.newlifecounselling.net)

for more information and where you can fill in our online form. We will then be in touch to set up an initial appointment.



### **Please Note**

The advice given in this leaflet is intended to be helpful to most people. It does not replace the direct advice of a healthcare professional or counsellor. It is only a general guide and cannot deal with all possible situations nor can it be specific to any one individual. If you or someone you know needs help please contact your GP as soon as possible to obtain further help.

“we’re listening”

### **Contact Details**

For further information or to make a referral, please contact:

25 Ardoyne Road Belfast BT14 7HX

**Tel: 028 9039 1630**

Unit 20 North City Business Centre

2 Duncairn Gardens Belfast BT15 2GG

**Tel: 028 9074 6184**

**[www.newlifecounselling.net](http://www.newlifecounselling.net)**