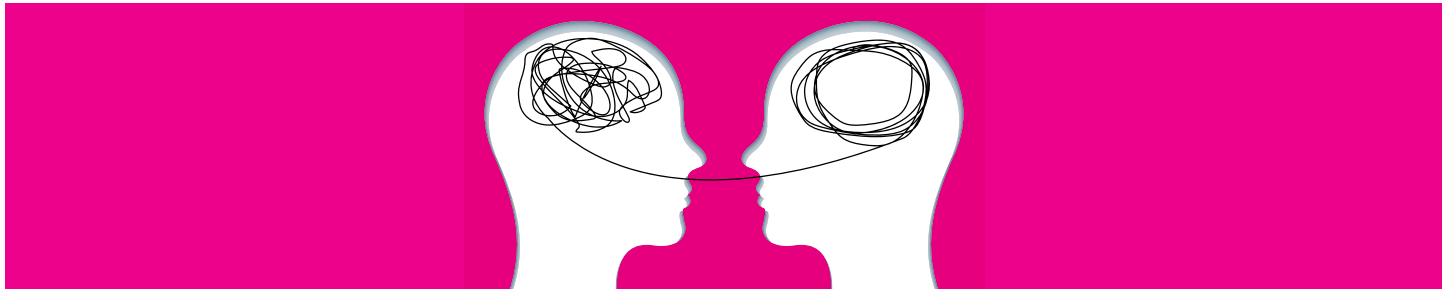


# FREQUENTLY ASKED QUESTIONS



## WHAT IS COUNSELLING OR PSYCHOTHERAPY?

Both counselling and psychotherapy are often referred to as talking therapies. This is because, the therapist uses a combination of questions, reflections and summaries which enable you to obtain a clearer understanding of the challenges you face and to uncover more effective ways of addressing them.

Counselling is described as shorter-term work, which focuses more on specific issues and events. Psychotherapy usually involves more in-depth work than counselling and therefore takes longer as the client and therapist explore more fully those deeper underlying aspects of ourselves; our inner world and personal experience, and the ways we may have of dealing with ourselves, others and the world.

## WHAT TYPE OF THERAPY DOES OUR PROJECT INVOLVE?

Transactional Analysis (TA) is a form of modern psychology that aims to promote personal change as well as exploring a person's relationships and how they communicate with and interact with others.

## WHAT IS THE ROLE OF THE THERAPIST?

The therapist sets up a secure, respectful, and non-judgemental atmosphere that promotes a positive client-therapist relationship and also serves as a model for you to form relationships outside of therapy.

Transactional analysis therapists take the view that we are all capable of living the life that we want. They find ways that our potential is being limited by repetitive patterns or unconscious thoughts that come from our past and help us to change these restrictive ways of thinking.

## WHAT SHOULD I EXPECT IN TRANSACTIONAL ANALYSIS PSYCHOTHERAPY?

Sessions are designed to explore an individual's personality and how this has been shaped by experience - particularly those stemming from childhood. This helps shed light and understanding upon problematic feeling and habits, which can then be changed to achieve better outcomes.

## WHO CAN BENEFIT FROM TRANSACTIONAL ANALYSIS THERAPY?

This type of therapy can help to solve a variety of problems and can even be applied outside of counselling, such as in education, parenting, coaching, and business. Nearly any situation where there is a lack of understanding or conflict can benefit from transactional analysis. It can be particularly useful for solving conflicts between couples and family members.

## WHAT IS PSYCHOTHERAPY USEFUL FOR?

People may enter therapy with a variety of problems and issues these may include:

- depression, sadness and emptiness,
- anxiety and difficulties with coping,
- irrational fears and feelings of panic,
- lack of confidence and low self esteem,
- unhelpful repetitive patterns and difficulty in making and sustaining satisfactory relationships,
- coming to terms with traumatic events, and issues of physical, emotional or sexual abuse,
- the consequences of being an adult survivor of childhood trauma &/ or abuse,
- Difficulties expressing and/or managing anger,
- Assertiveness problems,
- Managing bereavement and loss
- Navigating challenging family and relationship dynamics.





## HOW OFTEN ARE SESSIONS?

Our psychotherapy sessions are delivered weekly. This is because attending therapy at least once a week helps you to build up a strong trusting relationship with your therapist and, gives you the continuity you need to benefit from sessions. Having too big a gap between sessions, can lead to a loss of focus and spending time playing 'catch up' rather than progressing.

## HOW MANY THERAPY SESSIONS WILL I NEED? HOW WILL I KNOW WHEN IT'S THE RIGHT TIME TO END THERAPY?

Up to 24 sessions (6 months). As an ethical therapist, I seek to foster independence and will never encourage you to have more therapy than you need. When you feel that there is no further work to be done in session, this is usually an indication that you are ready to move on independently. I will regularly review your progress with you and we will mutually agree an ending in advance.

## HOW WILL IT BE DELIVERED? /WHERE?

You can choose to have psychotherapy face to face, over the telephone or via Zoom. I offer a mixed model where you can choose to vary how you engage with the therapy.

Face-to-Face sessions will be held at the Parents' Forum Offices.



### Trafford Parents Forum

Ground Floor, Oakland House, Talbot Road,  
Old Trafford, M16 0PQ

## IS ONLINE OR TELEPHONE THERAPY RIGHT FOR ME?

In the past, remote therapy has been viewed as a less effective substitute for traditional face to face therapy, but there is clear evidence base refuting this myth.

Remote therapy can be particularly beneficial if you are unable to leave your home due to poor mobility or anxiety related issues such as agoraphobia or due to caring responsibilities.

Knowing whether or not remote therapy is right for you can be difficult to assess without having at least one session. However, it may not be suitable if you are experiencing acute emotional distress, are feeling suicidal or you are suffering from an enduring mental health condition that is not being managed by mental health professionals within the community.

## ARE MY PROBLEMS SERIOUS ENOUGH TO SEEK HELP WITH?

If whatever you are experiencing is causing you some degree of emotional or psychological anguish, then that is enough to justify reaching out for support. You do not need to be suffering from a particular mental health condition. Whatever you are seeking support with, you will not be judged. Therapy will provide you with a safe and confidential space to start overcoming your difficulties.

## WHAT WILL HAPPEN IF I NEED TO CANCEL MY SESSION?

On occasion it may be necessary to cancel a session. If you are unable to keep your appointment please contact us as soon as possible. If you are able to give us 48 hours' notice we will usually be able to rearrange your session so you don't miss out.

## WILL THERAPY BE RECORDED ON MY MEDICAL RECORDS?

Having therapy privately means that it will not be recorded on your NHS medical records.

Should you disclose that you intended to harm yourself or others, we would discuss how your GP could support you alongside therapy. Where significant risk was identified, confidentiality may need to be broken; a sensitive discussion about this would take place first.

