

Kirsten Rogers  
Counselling and Psychotherapy

## Integrative counselling

As an integrative therapist, I have trained in a number of psychological models and techniques which I hold in mind as we work together. This means that, rather than trying to shoe-horn our work into one particular way of thinking or approaching things, I am able to adapt the therapy to best meet your unique needs.

Integration for me also involves considering the 'whole' of you - taking into account your mental, physical and emotional needs, as well as the context in which you live.

I have listed the key approaches I work with below, however, it is important to stress that, whilst it is useful to have different ways of thinking about and working with what may be happening in the body and the mind, the most important aspect of therapy is the relationship that develops between therapist and client, and it is this relationship which is always at the heart of my work.

Ultimately, we will work with what you bring and at a pace that is comfortable for you.

## Approaches to therapy

### Relational psychotherapy and psychoanalysis

Relational psychotherapy is a broad way of understanding human motivation and the process of therapy. At its heart is the belief that person-to-person contact is vital for human beings to flourish, and that our way of relating to others can be central to how we understand ourselves and our experience of being in the world.

The relationship that develops between client and therapist often sheds light on pre-existing relational patterns. Working through these together can be both healing and empowering.

### Psychodynamic psychotherapy

The psychodynamic approach is derived from psychoanalysis. It stresses the importance of the unconscious and past experiences in shaping current behaviour.

It may be helpful at some point in your therapy to talk about early experiences, relationships, and attachments. Having greater awareness and understanding of these past events and interactions, and in particular how they continue to impact the way we

experience life and those around us in the present, can help us to be more accepting of ourselves and the situations we may find ourselves in. It also supports us in breaking unhelpful patterns that are perhaps getting in the way of us living life to the full.

### Person-centred therapy

Person or client-centred therapy is based on the view that everyone has the capacity and desire for personal growth and change, given the right conditions.

In therapy I may help you to explore the things that are important to you and things that are getting in your way. The aim is to always do this with compassion and without judgement. Together we can better understand any negative feelings you might have and support you to change, develop, and find your own way forward.

### Body psychotherapy

Body psychotherapy encompasses a number of integrative approaches. It is concerned with how an individual's body, and the emotional, mental, spiritual, and social/relational aspects of their life affect each other. It also takes into account the complexity of interactions between mind and body.

As well as understanding these interactions, the body can be a powerful tool in supporting us to return to, and maintain good mental health. Helping you to become more aware of physical sensations and responses and to use the body as a tool for recovery and strength, may form part of our work together.

### Cognitive behavioural therapy (CBT)

CBT aims to help you change the way you think (cognitive) and what you do (behaviour). It focuses on current problems and practical solutions to help you feel better now.

As part of your therapy I might work with you to identify and challenge any negative thinking or unhelpful behaviours so you feel more equipped to deal with life and the challenges it sometimes brings. We may also look at particular tools and strategies that can help you relax and support a feeling of well-being and safety.

### Existential psychotherapy

Existential psychotherapy focuses on supporting clients to make sense of life which can sometimes feel meaningless. In therapy we may explore your experience of what life is about for you, what your values and beliefs are and what is important to you. This kind of enquiry can support us in living more authentically and purposefully, with renewed energy, acceptance and focus.