

ia2ps

increased access 2 psychological support

Fast Track Psychotherapy



What is Psychotherapy?

Sometimes we experience difficulties and may or may not know why we feel uneasy, anxious or depressed. Psychotherapy provides the chance to explore feelings and experiences in a safe and confidential environment with someone who is trained to help you. The psychotherapist won't give you advice or tell you what to do. They will give you time, space and their particular skills to help you work towards a more satisfactory life.

What can our Psychotherapists help with?

Abuse . Anger. Anxiety. Depression. PTSD. Relationship Issues. LGBT Issues. Bullying. Personality Disorders. Bipolar. Addiction. Forensic Issues. Obsessive Compulsive Disorders.

In fact anything which is holding you back from living life to its fullest.

Birkenshaw House. Butterhole. Dalbeattie. SCIO 43567

How is Psychotherapy delivered?

One to One Basis, Couples or Families via face to face, telephone, online or home visits.

How can Psychotherapy Help?

By finding new ways forward. Reflecting on your Life. Making Changes. Expressing Thoughts and Feelings. Grieving Losses. Being more Self Confident. Being More Self Compassionate. Having Space for You. Knowing Yourself Better.

How Do I Get An Appointment ?

By Calling Us. Sessions are usually weekly and last from between 45 - 75 minutes. The day and time of your weekly session will normally remain constant throughout the period of psychotherapy.



What Will It Cost?

Sessions cost £45.

Our Psychotherapists are BACP accredited registered and adhere to BACP's Statement of Ethics and Code of Practice.

