

Choosing a psychotherapist

Psychotherapy provides a space which is confidential, non-judgemental and safe in order to provide support to clients who are making changes in their lives. You will find highly qualified accredited psychotherapists on this website www.europsyche.org

It is important to choose a psychotherapist you can work with and trust. The better the relationship between you and your psychotherapist the more you are likely to benefit from psychotherapy.

Excellence of qualifications

EAP psychotherapists promote excellence in practice and safeguard the public, by ensuring the highest standards of training, research and ethics.

In the psychotherapeutic process you experience support, validation and non-judgemental understanding. The confidential nature of the process provides support to you as you find your way through your difficulties and challenges in moving towards a more meaningful and joyful life.

For further information go to:

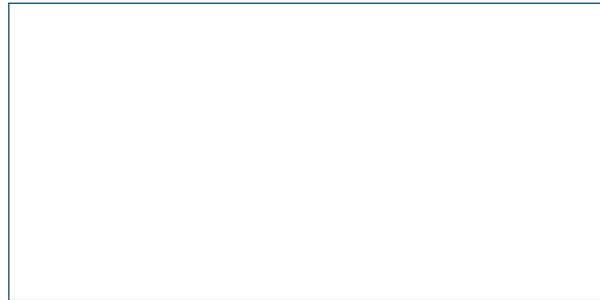
www.europsyche.org

Why EAP

The purpose of EAP is to cover the interests of psychotherapists and their clients. Therefore, we have to make sure that education and practice of psychotherapists live up to a high standard.

For more information go to:

www.europsyche.org



European Association for Psychotherapy



Why psychotherapy?

Many people who experience feelings of emptiness or meaninglessness in their lives or who are seeking a greater sense of fulfillment may be helped by psychotherapy.

Psychotherapy provides an effective treatment for people with serious psychological and psychosomatic disorders. People may seek help for specific reasons such as early childhood trauma, eating disorders, suicidal ideation, post-traumatic stress disorder, obsessional behaviour or phobic anxieties. At other times help is sought because of more general underlying feelings of depression or anxieties, difficulties in concentrating, dissatisfaction in work or inability to form satisfactory relationships. However, the value of psychotherapy is not limited to those with mental health problems.

Do you need psychotherapy?

If you are experiencing any symptoms and emotions of the following you can get help from a psychotherapist:

- ▶ anxiety or an inability to cope or concentrate
- ▶ problems dealing with stress or recovering from stressful situations
- ▶ lack of confidence or extreme shyness
- ▶ coping with the effects of abuse
- ▶ feelings of depression, sadness, grief or emptiness
- ▶ extreme mood swings
- ▶ difficulty in making or sustaining relationships, or repeatedly becoming involved in destructive relationships
- ▶ sexual problems
- ▶ difficulties in coming to terms with losses such as bereavement, divorce or loss of employment
- ▶ eating disorders
- ▶ self-harm
- ▶ obsessive behaviour
- ▶ panic attacks and phobia
- ▶ addiction

Do not feel you are alone in your suffering. Hundreds of thousands of people in Europe have benefited from psychotherapy.

*When the soul needs help,
psychotherapy may be the solution.*

How does it work

A qualified psychotherapist offers a safe space where you can

- ▶ Express your feelings
- ▶ Gain a deeper insight into the issues and problems you face

Psychotherapy sessions are confidential where you can feel secure to talk about things which you might not be able to discuss with anyone else. Psychotherapy is effective for children, adolescents, adults, couples and families.

The service aims to:

- ▶ help you find better ways to cope
- ▶ to improve your emotional and mental wellbeing

Psychotherapy sessions can be

- ▶ one-to-one
- ▶ include a partner or family members
- ▶ in a group

