

About The Therapy

Relational psychotherapy provides a space for thinking about one's emotional life and its associated difficulties, with the aim of reducing suffering, making sense of one's feelings and behaviour and finding a new way to relate to oneself and others.

As a relational Integrative Psychotherapist and a psychologist, I believe that the need for relationships is a primary human motivation. In fact, our experience of relationships is central to our inner worlds. I therefore see the relationship between client and therapist as a powerful healing tool in its own right, the quality of which is as important, if not more so, than the field of psychotherapy that the therapist practises.

The quality of the relationships we form – how we feel about what we invest in relationships and what we gain from them – determines our identity, self-esteem and emotional well-being. Ideally, our relationships allow full and honest expression of our sensations, feelings, needs, thoughts and memories, enabling us to engage and interact positively with the people and events we encounter.

However, when we are unable to express ourselves or gain the support we need in key relationships, our primary emotional needs are not met. We fall back onto the truths we develop to explain the world to ourselves. These beliefs can trigger defensive and habitual patterns of behaviour which can hinder our ability to cope with the challenges that confront us. In this way we limit our capacity to fulfil our current needs and a discrepancy arises between what we desire and what we are able to achieve. While we can comprehend that our own behaviour is impeding us, we cannot always see how to unlock these patterns of thought and behaviour.

As a client's sense of self and self-esteem are derived from the relationships they experience, the relational psychotherapist uses the client-therapist relationship itself as a therapeutic tool. She doesn't just listen and empathize: she engages with the client and their moods and thought processes, creating a relationship in which the client's emotional needs are met. This enables the client to discern their disruptive patterns of thought and behaviour and address how they might be reconfigured. As every client is different, each therapeutic relationship will be unique. By establishing a strong and supportive relationship, the therapist empowers the client to recognize and respect the aspects of self that past relationships have disavowed, enabling the client to re-integrate aspects of their personality and build up a cohesive inner state of mind.