

CRAIGIE PARTNERSHIP NEWSLETTER

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Special Edition 2013

CRAIGIE PARTNERSHIP - PSYCHOLOGY & COACHING

Spotlight on Therapy—special edition

Welcome to our special 2013 edition, focusing on Therapy.

“Therapy” means quite different things to different people, so we felt it would be helpful to describe some types of therapy. What is it? Who is it for? How do I access it?

Our team of psychologists has written short summaries of 3 common types of therapy: Sophie Driver takes a look at Cognitive Behavioural Therapy (CBT); Margaret Bowes looks at Interpersonal Psychotherapy (IPT); and Judy Leicht briefly outlines Person-Centred Counselling.

Therapy was once thought to be reserved for ‘serious’ psychological issues or for the wealthy few. However, according to the British Association for Counselling and Psychotherapy (BACP), one in five Britons has seen a counsellor or psychotherapist and almost half of the population knows someone who has.

The reason for this shift may be attributed, in part, to a decline in stigma attached to mental illness but equally it seems that attitudes towards therapy are changing. The survey conducted by the BACP revealed that over the past 6 years,



It has now become more acceptable to talk to people about problems early before they get too serious.

acceptability of therapy for depression and anxiety has increased from 67% to 94% and therapy for divorce or relationship breakdown has risen from 52% to 85%.

People are now recognising the benefits of therapy for positive mental health, and are seeking help for a wider variety of issues such as stress and low confidence. Nearly 95% of those surveyed also believed that it was ‘a good idea to seek counselling or psychotherapy for a problem before it got out of hand’, and 88% revealed that ‘people might be happier if they took action to talk to a counsellor or psychotherapist about their problems’.

With an estimated 1 in 4 to 1 in 6 people in the UK currently experiencing mental health problems and 83% believing it is preferable to talk to someone about their issues than taking medication, this acceptance of, and changing attitude towards therapy can only be a positive development.

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What the Statistics Say

- About half of people with mental health problems pay privately for treatments
- The most commonly paid for treatments are complementary therapies (63%), followed by counselling or psychotherapy (31%) and exercise (30%)

Mental Health Foundation (The Fundamental Facts, 2007)

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IPT (Interpersonal Psychotherapy) by Margaret Bowes

What is IPT?

IPT stands for Interpersonal Psychotherapy, and is a structured, time-limited form of therapy that focuses primarily on relationship difficulties.

What does it do?

IPT helps us examine the ways in which problems in relationships contribute to psychological distress and also how psychological problems can have an impact on the quality of relationships.

How does it help?

Often a person's psychological symptoms improve when they are able to cope with their relationship issues more effectively. IPT is designed to help people recognise the interpersonal problems they have and to make changes in their relationships. The goal of IPT is to improve the quality of interpersonal relationships and to reduce psychological stress.

What does IPT involve?

Therapy usually involves exploring important relationships in a person's life, as well as discussing a range of specific inter-personal problems and generating ways in which these can be resolved.

Who is it for?

IPT is particularly helpful for people with depression and for those who are experiencing relationship difficulties. For example: a conflict with another person; difficulty starting or keeping relationships going; grief and loss; or finding it hard to cope with a significant change in life.

Relationships play an important part in our lives and can impact on our well-being.



CBT (cognitive behavioural therapy) by Sophie Driver

What is CBT?

CBT stands for Cognitive Behavioural Therapy and is a combination of both Cognitive therapy and Behaviour therapy. Cognitive therapy examines our thoughts, attitudes, beliefs, ideas and mental images, to identify whether the difficulties we experience are a result of the way we think. Whereas behaviour therapy focuses on our actions to establish whether these are harmful and cause us problems in some way.

CBT asserts that the way we think affects how we behave and vice versa, and ultimately, determines how we feel. Therefore in order to feel better we can change unhelpful ways we think and behave which cause us distress.

What does CBT entail?

CBT is a type of 'talking therapy' which typically involves meeting with a therapist on a weekly or fortnightly basis for approximately 50 minutes at a time to discuss any issues or problems. Unlike other talking therapies, clients take a more active role in CBT, working collaboratively with the therapist to develop a shared understanding of what their difficulties are, and devise a plan of how to tackle these, rather than being told what to do.

Clients are expected to do 'homework' outside of sessions which is important as it helps them consolidate, and apply the techniques they have learned in therapy.

CBT also focuses more on current and recent thoughts and behaviours and how they affect the present rather than dwelling on past events from long ago.

CBT generally lasts between 6-20 sessions, although the number of sessions required depends on the nature and severity of the client's problems and their needs.

What can CBT help treat?

CBT can help with a variety of problems, including anxiety, panic, phobias, depression, anger, stress, obsessive compulsive disorder and sleep problems, to name a few.

Call us on 0131 561 0128 or email info@craigiepartnership.co.uk for help with CBT or IPT.

6 myths about therapy by Sophie Driver

Although attitudes to therapy are changing, there are still certain myths that surround therapy and prevent people from seeking help.

1. Therapy is only for 'serious' problems.

There are many reasons why people see therapists from stress, low self-esteem, depression, anxiety, relationship problems or just to make themselves feel better. These issues do not need a clinical diagnosis for therapy to be sought.

2. Therapy is common sense.

Therapy incorporates an element of common sense but involves specialist and focused knowledge of each unique individual. Having this wisdom allows therapists to support clients and guide them towards their goals.

3. Talking to a friend is just as good as therapy.

Therapy is not the same as the other relationships in our lives. Therapists, as opposed to friends and family, are highly qualified and experienced in diagnosing and treating cognitive, emotional and behavioural problems. In therapy, we can be completely open without fear of hurting loved ones or painting ourselves in a bad light. Therapy is also confidential and attention is focussed solely on the individual rather than having to share time discussing each other's problems as we do with family and friends.

4. Therapy is expensive.

Many people are put off seeking therapy because of the cost. However, when you think

of all the things you spend money on to make yourself feel superficially better, such as holidays, clothes etc., perhaps directly addressing your thoughts, feelings and behaviours in therapy may be money better spent. Nowadays, there are also more options available with a range of fees and some providers even offer low-cost services.

5. How can a therapist understand if they haven't experienced the same thing?

We all want to feel understood, particularly when we are in pain, and one way we do this is by sharing similar experiences. However, professional experiences of similar emotions in different contexts, as well as training and clinical experience, allows therapists to understand their client's problems and treat them personally, or refer them onto another professional who is more suitable.

6. People who seek therapy are weak.

Historically, people who were unable to resolve their own emotional or mental health problems were viewed as weak and so therapy was heavily stigmatised. However, attitudes towards therapy are changing as people have come to realise that being proactive and seeking therapy takes more courage than doing nothing. We all need help at times and therapy can be likened to visiting the doctors to cure our ailments or going to school to learn something new."

To find out more, visit our therapy pages on: www.edinburghpsychologyservices.co.uk

Person-Centred Counselling by Judy Leicht

The concept of Person-Centred counselling was founded by Carl Rogers in the 1940s and is a non-directive approach to therapy. The therapist will perceive you as an expert on your own experiences and will follow your lead rather than establishing a specific treatment goal.

Person centred therapy adopts an optimistic view

of human development which includes the belief that individuals naturally move toward their own growth and fulfilment of their true potential.

Mental health problems can result in a rigid view of ourselves and the world, which can prevent personal growth.

The general aim of person-centred counselling is to create a supportive environment

which allows you to explore your difficulties as well as promote your self-fulfilment.

Your therapist will be entirely non-judgemental and empathic, responding to you in a genuine, caring way and will ensure that you are fully understood. This often leads to a growth in your self-esteem, a sense of control that comes from yourself rather than from



Each of us is totally unique with our own needs

an external source, development of flexible coping strategies and enables you to recognise new options in your life.

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Partnership**

Psychology Services

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www.edinburghpsychologyservices.co.uk
www.edinburghcoachingservices.co.uk

0131 561 0128
info@craigiepartnership.co.uk



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The Craigie Partnership is an Edinburgh based consultancy that offers psychological services to individuals and organisations.

Business Support & Consultancy:

- ⇒ Employee Assistance Programmes
- ⇒ Manager training & Development
- ⇒ Psychometric & Occupational Testing
- ⇒ Stress Risk Assessments

We also offer Career services:

- ⇒ Career Counselling
- ⇒ Coaching
- ⇒ CVs, Interviews, Application forms

Therapy Services include:

- ⇒ Anxiety (including phobias, OCD etc.)
- ⇒ Anger Management
- ⇒ Cognitive Behaviour Therapy (CBT)
- ⇒ Confidence Building
- ⇒ Counselling
- ⇒ Depression and Mood issues
- ⇒ Life Coaching
- ⇒ Relationship issues
- ⇒ Stress

Craigie Partnership News - social media & services



This year, we have embraced the world of Social Media. Many of our clients and colleagues now use Twitter, Facebook, Google Plus and LinkedIn and so we have profiles on each of these social platforms and would be delighted to connect with you there.

We know that these are difficult times for most of us. To help meet the needs of as many as we can, we have put together a range of new initiatives.

Firstly, we continue to offer significantly discounted rates for self funding clients.

Secondly, we are extending our pilot of low cost

therapy services for those in financial hardship or unemployment. Our associates are offering this at their own expense to help people in need.

We also continue to offer bespoke career services to help people facing redundancy or career change. We can help with CVs, interview preparation, assessment centres, and career counselling,

Stress is also sadly on the increase. We believe that early intervention is key and so have continued to give free lunchtime talks to the business community

You can read more about all these things on our websites.

If there is anything you would like support with, don't hesitate to get in touch with us in confidence.