



What is psychotherapy?

A psychotherapist can help you work through life's problems.

Psychotherapy is a collaborative treatment based on the relationship between an individual and a psychotherapist. Grounded in dialogue, it provides a supportive environment that allows you to talk openly with someone who's objective, neutral and nonjudgmental. We will work together to become aware of the thought and behaviour patterns that are keeping you from feeling your best.

We look at your **'process'** - i.e. how you perceive and make sense of what happens to you and how you respond and react to such events.

Really seeing the situation by stepping a little outside of it, awareness develops. Awareness is the beginning of self-understanding. Self-understanding leads to self-acceptance. Self-acceptance eventually allows you to try doing things a little differently and to see how that goes.

There are several approaches to psychotherapy that help individuals work through their problems. I use a background of Gestalt psychotherapy but use a blend of this with other therapies depending on what the client needs.

When should you consider psychotherapy?

Because of the many misconceptions about psychotherapy, you may be reluctant to try it out. Even if you know the realities instead of the myths, you may feel nervous about trying it yourself. That nervousness is worth it. That's because any time your quality of life isn't what you want it to be, psychotherapy can help.

Some people seek psychotherapy because they have felt depressed, anxious or angry for a long time. Others may want help for a chronic illness that is interfering with their emotional or physical well-being. Still others may have short-term problems they need help navigating. They may be going through a divorce, facing an empty nest, feeling overwhelmed by a new job or grieving a family member's death, for example.

Signs that you could benefit from therapy include:

- You feel an overwhelming, prolonged sense of helplessness and sadness.
- Your problems don't seem to get better despite your efforts and help from family and friends.
- You find it difficult to concentrate on work assignments or to carry out other everyday activities.
- You worry excessively, expect the worst or are constantly on edge.
- Your actions, such as drinking too much alcohol, using drugs or being aggressive, are harming you or others.

How effective is psychotherapy?

Hundreds of studies have found that psychotherapy helps people make positive changes in their lives. Reviews of these studies show that about 75 percent of people who enter psychotherapy show some benefit. Other reviews have found that the average person who engages in psychotherapy is better off by the end of treatment than 80 percent of those who don't receive treatment at all.

How confidential is therapy?

Dealing with personal information

In dealing with personal information, I will:

- Ensure privacy for clients when they are being interviewed or discussing matters of a personal or sensitive nature.
- Only collect and store personal information that is necessary for the functioning of the organisation and its activities.
- Use fair and lawful ways to collect personal information.
- Collect personal information only by consent from an individual.
- Ensure that people know what sort of personal information is held, what purposes it is held for and how it is collected, used, disclosed and who will have access to it.
- Ensure that personal information collected or disclosed is accurate, complete and up-to-date, and provide access to any individual to review information or correct wrong information about themselves.
- Take reasonable steps to protect all personal information from misuse and loss and from unauthorised access, modification or disclosure.
- Destroy or permanently de-identify personal information no longer needed and/or after legal requirements for retaining documents have expired.

Limits to Confidentiality

There are limits to confidentiality as required by law and these are when there is:

- Immediate or grave danger to the client or others (e.g. if one has reason to believe that the subject is suicidal or homicidal).
- Recent or ongoing child abuse.
- Recent or ongoing abuse of a dependent adult.
- Diseases or conditions subject to mandatory public health reporting.
- Serious crime.

Please contact Hill Rest Counselling and Psychotherapy at johanna34coetzee@gmail.com or 0404 843 958 for more information.