

## **Profile: Sarah Louise Patterson, Integrative Psychotherapist and Counsellor**

I have over 11 years' experience, delivering therapy in a variety of settings, including the NHS, secondary and tertiary education, private practice, teaching counselling and psychotherapy and running groups. During this time, I have realised that being human is often incredibly complicated and we are all very similar in the way we can struggle and suffer, as well as experience fulfilment and pleasures. Sometimes though, we need some help to work through our difficulties or find more satisfaction in our lives. This is completely normal.

Using an honest, open and non-judgemental approach, I encourage clients to freely share, explore and make-sense of what brings them to see me. I hold at the heart of my practice a deep respect and commitment to doing the very best for my clients, working in collaboration to suit their particular needs and goals. This often includes helping people discover choices for making positive changes in their lives, in particular how they might behave, feel about themselves, relate with others, or manage challenges. When suitable, I will share helpful theory to illuminate understanding of difficulties or facilitate creative techniques to add depth and vibrancy to the therapy.

My work includes therapy with people experiencing:

- Depression/low mood
- Anxiety, panic attacks and phobias
- Concerns with impulsive and/or compulsive behaviours
- Eating disorders
- Inter-personal struggles/relationship difficulties
- Issues concerning confidence and self-esteem
- Life transitions/adjustments e.g. coming to terms with an illness; loss of job; divorce
- Grief and loss

Fee: £45 per session (subject to change), including short-term, medium and long-term work

### **Professional Qualifications:**

UKCP-registered Psychotherapist  
MSc in Integrative Psychotherapy  
Post Graduate Diploma in Integrative Psychotherapy  
Diploma in Therapeutic Counselling  
Certificate in Supervision Skills  
Certificate in CBT (Cognitive Behavioural Therapy)  
Certificate in Group Therapy