

## Alice Mexter – Therapist profile

I believe in the power of therapy to enhance life on many levels – emotionally, intellectually, practically and spiritually. I'm an integrative practitioner who aims to obtain the best possible outcome for the people I work with by tailoring the therapy to the needs of the individual.

I'm experienced in short, medium and long term therapy and have worked with a wide range of presenting issues, including: depression, anxiety, work stress, relationship difficulties, low self-esteem, trauma, sexual and physical abuse, anger management, infertility, insomnia, body dysmorphia, bereavement and loss. I have a special interest in working with people from different cultures.

I have worked successfully with people who have no clear presenting problem, but who wish to feel better about themselves, their relationships, and their lives in general.

I offer a warm, positive and creative therapeutic environment in which people are able to achieve their goals.

**Professional Qualifications:** UKCP-registered Psychotherapist  
MSc in Integrative Psychotherapy  
Post Graduate Diploma in Integrative Psychotherapy  
Diploma in Therapeutic Counselling  
Certificate in Supervision Skills

**Rate 2015:** £50