

WHAT IS PSYCHOTHERAPY?

Psychotherapy provides a safe and confidential setting in which to explore thoughts, worries, feelings, memories, dreams and fantasies.

Throughout history the therapeutic relationship has taken many forms. Its purpose has been not only to relieve suffering, but to enable a person to achieve a deeper self-understanding. In resolving past conflicts, a person can begin to live more fully in the present and face the future more creatively.

There are many different approaches to psychotherapy. Our members work within the psychoanalytic tradition, which seeks to understand the unconscious origins of present difficulties. The pattern of early life experience may be repeated in the relationship with the therapist, something known as transference. AIP members draw on the work of Jung, Freud, Klein, Winnicott and others in helping their clients discover images and words to express the meaning of life's journey.

PSYCHOTHERAPY MIGHT HELP YOU WHEN...

- ◆ You are depressed, anxious or stressed
- ◆ You want to improve your relationships
- ◆ You suffer from panic attacks
- ◆ You live with eating disorders
- ◆ You have experienced loss or bereavement
- ◆ You are confused about your sexuality
- ◆ Your life seems to lack meaning
- ◆ You want to develop your potential
- ◆ You suffer from obsessional thoughts
- ◆ You feel held back by inappropriate anger or lack of confidence
- ◆ You suffer physical problems with no clear physical cause

The ASSOCIATION OF INDEPENDENT PSYCHOTHERAPISTS

The AIP was founded in 1988 to provide a referral service for the public, support the continuing professional development of its members and offer training and supervision in psychoanalytic psychotherapy. Members value the best in theory and practice from across the psychoanalytic tradition. The training is pluralistic and emphasises a historical perspective.



All AIP members and trainees abide by its code of ethics. A copy of the code is available on request.



The AIP is a full member of the United Kingdom Council for Psychotherapy (UKCP), which maintains professional standards within the UK.

HOW TO CONTACT US

Please ring our central number

020 7700 1911

AIP therapists practise in;
London, Avon, Buckinghamshire,
Essex, Hampshire, Hertfordshire,
Middlesex, Oxfordshire, Somerset,
Suffolk, Surrey, West Sussex.

“For the first time in my life, I feel I’m
alive, living my life...”



“I got my sense of humour back”



“Now, when I feel emotional, I can sit
back and look at what’s happening,
rather than the usual chaos and
destruction with which I used to deal
with my problems...”



“There are things I’ve never been able
to tell anyone, but you listen, you don’t
tell me what to think”



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PSYCHOTHERAPY
REFERRAL SERVICE