

Body psychotherapy with Hayley Merron Stevens

Available online (zoom) or a combination of online/in-person

Body psychotherapy is an approach to therapy that invites us **to connect more fully with who we really are** rather than who we believe we should be.

As we become more connected with who we really are we **find ourselves making different choices** - choices which arise from a healthier, more harmonious and empathic relationship with our self.

Will-power and good resolutions tend to only have minimal impact. The more force we use with ourselves the more entrenched we tend to become. Instead of force **this process invites us to become more in tune with ourselves** and discover a different way of being in the world.

Mental insight alone is often not enough to transform recurring problems. Therefore, in addition to thoughts, **we pay attention to physical sensations, images, feelings, breathing patterns and spontaneous impulses** arising from the body.

It is an approach where **the present moment is seen as a gateway** to our deepest self, to extraordinary wisdom and our innate capacity to heal.

What can Body Psychotherapy help with?

- Most difficulties in our relationship with ourselves, others, work and life itself can be helped with body psychotherapy.
- Body psychotherapy can help with stress, depression, anxiety, panic attacks, trauma, loss, long-term illness, issues around self-image, self-esteem and confidence, intimacy and relationship issues.
- In addition it can be helpful in exploring blocks to creativity and a fuller, more enjoyable experience of life.

What can you expect from Body Psychotherapy?

The hope is not just for transitory relief from difficult sensations, feelings, thoughts, behaviours and relationships but **for a richer, freer and more fulfilling life.**

- being more at ease with yourself and others
- feeling less anxious, stressed or overwhelmed
- feeling more grounded and secure in your sense of self
- feeling more present, vibrant and alive
- having a deeper and more satisfying relationship with yourself, others and your work
- having a deeper connection with what is meaningful in your life

What happens in a session?

Body psychotherapy starts like any other psychotherapeutic approach by talking about your concerns and struggles as well as your hopes, needs and aspirations - the work develops from there.

Individual sessions might involve:

- sitting and talking,
- breath work,
- working with images, dreams and visualisation,
- bio-energetic exercises,
- movement and other forms of creative exploration such as drawing.
- biodynamic massage (in-person sessions)

The aim of these different ways of working is to support you in getting to know yourself more fully, **particularly the unconscious self**, and facilitate greater connection between your outer and inner life.

The way we use the session and the methods of exploration are discussed and agreed jointly. There is no pressure to work in any particular way and clients wishes are always respected.

How long does Body Psychotherapy take?

This depends on our life experiences as well as our reasons for starting psychotherapy. I offer both short and long term support. Short term is usually between 3 - 6 months. Deeper, more long lasting and transformational therapy usually takes longer.

Short term therapeutic support - this is usually where a person is at a crossroads or impacted by an immediate crisis/challenge and is seeking more support to explore a current situation. **The work tends to be more structured and goal oriented with a focus on practical decision-making and handling obstacles and challenges.** Sometimes clients start with a short-term contract and as the process unfolds they may decide to enter into a longer term process.

Longer term therapeutic work - explores deep seated, partially conscious as well as unconscious, habits, beliefs and assumptions about self, others and life generally. It is **a process where the client is supported to deepen into themselves and get in touch with the hidden and under-developed parts of themselves that impact on their life right now.** It is a process that takes time and requires a trusted and secure therapeutic relationship where the client feels comfortable and safe to explore - this takes time.

Getting Started

The **first step** is usually a brief phone conversation to discuss what you are looking for and if appropriate to arrange a short exploratory meeting. There is **no fee** for the initial exploratory meeting. If, following this meeting, you would like to take the next step in working together we would **arrange a more in-depth consultation.**

The First Meeting (consultation)

This usually lasts up to 60 minutes and allows time for us to explore what you are looking for in a bit more detail. There is no obligation to take the next step toward working together for a longer period.

The next step - 6 sessions

If we proceed we would usually agree 6 sessions. This is another opportunity to test out whether this way of working is for you. On the fifth session we would review what has happened and consider the possibility of continuing for a longer period of time if appropriate.

Time & Fees

Body psychotherapy works with the body's innate rhythms so sessions are usually organised for the same day, and at the same time each week. Usually clients come for weekly sessions of one hour.

I have a **sliding scale** for fees of £55 to £80 per hour dependent upon individual circumstances. This is something we can discuss during the initial consultation.

Cancellation with less than 24 hours notice will require payment of the full fee.

Contacting me

The best way to contact me is email: hayley@silkhousetherapypractice.co.uk

I aim to respond to all emails received Monday to Friday within 24 hours and not longer than 48 hours (unless on holiday when there will receive an automated message).

Emails received late on a Friday and over the weekend will be responded to on the Monday.

If you do not hear from me your email may have gone into spam. Please send me another email or call our reception service on 01625 468 858

Crisis Support

Please note, I do not offer a crisis service. If you are experiencing a mental health crisis please seek support from your GP, call 999 or contact your local A&E department. You may also wish to contact the Samaritans on 116 123 in order to talk to someone about how you are feeling.