

What is Psychotherapy?

About Psychoanalytic Psychotherapy

Psychoanalytic psychotherapy is based on psychoanalytic practice and theory. It aims to reach the underlying, often unconscious, causes of distress. In the safe setting of the therapy, which allows for taking risks, and in the exploration of the interactions with the therapist, you may discover a new awareness of the causes and effects of long-standing conflicts, and be able to change from behaviour that is destructive to a way of being that is more creative.

Who can benefit from psychotherapy?

People seek therapy for many different reasons — usually when they are not happy with aspects of their lives. They may lack a sense of well-being, or have a desire for greater self-knowledge and insight into the causes of their distress. Therapy provides a confidential setting in which emotional difficulties can be explored. The list below indicates some of the range of difficulties that people come with.

- anxiety, stress, panic attacks,
- depression, irritability,
- work-related difficulties,
- eating disorders, such as bulimia and anorexia nervosa
- identity and trans-cultural issues,
- sexuality and gender,
- effects of abuse, whether emotional, physical or sexual
- post-traumatic stress disorder
- personality disorder
- alcoholism and other substance misuse
- family and relationships
- loss, bereavement and grief
- phobias and obsessions
- pregnancy and parenting
- suicidal feelings
- emotionally-related health problems
- effects of racism, homophobia, discrimination and social exclusion

If you think you could benefit from psychotherapy, the IPSS has [qualified therapists in many parts of the UK](#).