

## What is Psychotherapy?

Psychotherapy seeks to help you work through struggles and difficulties by addressing the underlying causes.

Psychotherapy helps you to make sense of your thoughts, feelings, behaviours and ways of relating to both yourself and others.

## How can Psychotherapy help?

You have the opportunity to meet regularly with a psychotherapist, in a safe and constructive environment and be heard.

You can focus on your core issues and work towards finding and addressing the underlying causes.

You have the opportunity to safely explore your choices and the ways you can move forward.

## My Approach

I use a solution focussed model. This means that whilst we address your key concerns and reasons for attending psychotherapy, we also make connections between what you say and its relationship to your desired outcomes from psychotherapy (there tends to be a natural connection between the two).

I recognise that you are the key agent of change in your process; even if you do not have the self-belief, I hold this belief for you until you do.

We will work at your pace.

## Problems

Types of problems people may come to therapy for :

- Low self esteem
- Family or Relational issues
- Domestic Violence
- Abuse- Emotional, physical, sexual
- Depression
- Anxiety
- Conflicts at work

## Counselling and Psychotherapy

*A Local Service... for you*

A Professional and Confidential Service

**Awele Odeh,**

- *BACP Registered Psychotherapist,*
- *HCPC Registered Occupational Therapist*  
*local NHS Mental Health experience since 2000,*
- *I have regular Clinical Supervision.*

**To book a session or make an enquiry, please contact me:**

- Mob: 07985 440014
- Local rate: 0845 054 2781

**Where?**

**Clients can be seen for Counselling and Psychotherapy in  
Central London, East London and Essex.**

# *Psychotherapy and Counselling*

*A Local Service...for you*

**2015**

A Professional and Confidential Service

**Awele Odeh**

**BACP Registered Psychotherapist**

(BACP is the British Association for  
Counsellors and Psychotherapists)