

My Integrative Therapy Approach

A flexible, compassionate approach to psychological healing and wellbeing

My work is grounded in an integrative approach to therapy. Rather than relying on a single therapeutic model, I draw from a range of evidence-based approaches to support each person's unique needs, experiences, and goals.

Human beings are complex. Emotional experiences, physical health, personal history, and current life circumstances all interact to shape wellbeing. An integrative approach recognizes this complexity and allows therapy to remain flexible, responsive, and tailored to the individual rather than applying a single fixed method.

In practice, therapy may include elements from several established therapeutic traditions. These may include cognitive and behavioural approaches, trauma-informed therapy, nervous system regulation, mindfulness-based methods, and relational approaches that emphasize the importance of a safe and supportive therapeutic relationship.

What Integrative Therapy May Include

- Cognitive and behavioural strategies that help identify and shift patterns of thinking and behaviour that may contribute to distress.
- Trauma-informed therapy that recognizes how past experiences can shape emotional responses, nervous system regulation, and physical wellbeing.
- Mindfulness and grounding practices that support emotional regulation and present-moment awareness.
- Nervous system regulation and mind-body approaches that help reduce chronic stress and support emotional and physical wellbeing.
- Relational and reflective work that provides space to explore personal meaning, identity, relationships, and life transitions.

Supporting People Living with Chronic Illness and Pain

For individuals living with chronic illness, chronic pain, or long-term health conditions, therapy may also address the emotional and psychological impact of living with ongoing symptoms. This can include coping with uncertainty, navigating changes in identity and daily life, processing grief related to health changes, and developing compassionate ways of relating to the body.

Therapy may also explore how stress, emotional experiences, and nervous system responses interact with physical symptoms, while always recognizing that medical conditions are real and deserving of appropriate medical care.

The Importance of the Therapeutic Relationship

A central part of integrative therapy is the therapeutic relationship itself. Feeling understood, supported, and emotionally safe creates the conditions in which meaningful psychological work can unfold. Within a collaborative and respectful therapeutic environment, individuals can explore difficult experiences at their own pace while developing new skills and insights.

Over time, this process can help individuals develop greater resilience, self-understanding, and practical ways of responding to life's challenges.

A Collaborative Process

Integrative therapy is ultimately a collaborative process. Rather than applying a one-size-fits-all model, therapy is shaped by the individual's needs, values, and goals. Together we explore approaches that support healing, personal growth, and improved quality of life.

