

Psychological Therapy Factsheet 12



This factsheet is about **Integrative Therapy**.

Integrative Therapy is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

What is integrative therapy

Integrative therapy is when a therapist uses different therapies to help you feel better.

They might use different therapies at the same time or one therapy after another.

The therapy they use depends on what you need as a person. Different therapies are used to help with different problems.

For example, you might want to ask the therapist to work with you on something from your past.

How integrative therapy helps you

Integrative therapy helps you by using different therapies to suit different people.



Integrative therapy helps you to look back into your past and make links with the way you are behaving.

Integrative therapy uses a mixture of the best parts of other therapies like **Cognitive Behavioural Therapy** or **CBT** for short. You can read more about **CBT** in another factsheet.



What happens in an integrative therapy session

You will go to your session on a regular basis. Your therapist will decide how often you need to go and how many sessions you need.



Your session will last from 50 minutes to 1 hour. You will need to commit to your therapy and go to every session if you can.

We might make checks on how you are doing and ask you questions.



You can find out more by going to this website **www.counselling-directory.org.uk**