



Karen Green Psychology Services

Psychological Assessment, Diagnosis, Therapy, Consultation and Training

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Psychological therapies and approaches

Karen's therapeutic work is based on her training and experience in established psychotherapeutic approaches, including Cognitive Behaviour Therapy, Family work/Systemic Therapy, Psychotherapy and in specialist approaches for Autistic Spectrum Disorders.

Cognitive Behaviour Therapy (CBT)

CBT is one of the most effective treatments for conditions where anxiety or depression is the main problem. It is also well established for many other areas of distress or difficulty e.g. eating/weight, stress and self-esteem. In CBT unhelpful thoughts feelings and behaviours are identified and explored. A gradual and structured approach is used to develop more positive thoughts and constructive patterns of behaviour in order to improve the way you feel. CBT can also be used with children and can parents can be supported in using aspects of this approach with their child.

Psychotherapy (Psychodynamic Approaches)

Psychotherapeutic approaches which focus on the exploration of underlying emotions, exploring connections between present feelings and actions and past events. These approaches aim to help you understand more about yourself and your relationships, allowing for the re-processing and evaluation of emotions and perceptions from past experiences.

Family Work/Family Therapy

Family work frequently draws on approaches from different types of Family or Systemic Therapy and from Cognitive Behaviour Therapy. The thoughts, behaviours and relationships between all members of the family are explored so that each member of the family becomes better understood as both an individual as well as part of the family unit. Patterns of relating are improved through the development of:

- more effective communication and negotiations skills
- shared and agreed understanding of roles and rules
- joint parenting

Specialist Approaches for people who have an Autistic Spectrum Disorder and/or Learning Disability

Specialist sessions help parents understand the nature of their child's condition and behaviours. Specialist approaches can be used at home to enable parents to gradually feel more effective and to improve parent child (and family) relationships and development of independence e.g.

- Picture Exchange Communication System (PECS)
- Structured Teaching (from TEACCH)
- Social Stories
- Applied Behaviour Analysis (ABA)

Parents or the child/adult who has an ASD or Learning Disability themselves may find the specialist application of counselling or Cognitive Behaviour Therapy (CBT) approaches helpful in learning to manage their own reactions and emotions in stressful situations.