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mind



body

Therapies A-Z

Therapies A – Z

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Chinese Herbal Medicine
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Orchard Therapies

Orchard Therapies is committed to improving peoples' lives by providing a diverse range of expert professionals who help you develop the best ways to understand and manage personal crisis, problems and development needs.

Our collective experience has taught us that given the complexity of the human psyche and the vast differences in individual personalities, an integrated approach is highly beneficial and we are therefore able to provide a bespoke 'mindbody' therapeutic treatment / programme.

Over the past twenty years we have been carefully selecting and building a team of experts specialising in mind and body therapies. The large growth in the size and scale of our community of therapists and clients is testimony to the quality of our therapies and our efforts to provide an outstanding service.

We strive to be calm, friendly, welcoming and trustworthy providers of safe secure, and confidential therapies and services.

We are long established but move with the times and aim to be relevant and valuable to everyone.

We have a private, purpose designed centre with easy access and parking.

We are a 'profit for purpose' business with strong social and ethical values.

Consultation and Assessment appointments at The Orchard

As part of our commitment to offer a quality, affordable and caring service the Orchard has a team of experienced psychotherapists who offer consultation/assessment appointments. As you will have noted, there are a wide range of mind and body therapies on offer within The Orchard and many new clients are initially unsure about what therapeutic modality or treatment would best help.

Clients who are seeking help but are uncertain about which therapy will be most beneficial for them, can arrange an appointment with one of our team of qualified psychotherapists who are experienced in assessment and knowledgeable about the different mind and body therapies available at The Orchard.

Children and Young people are strongly advised to have an initial assessment before opting for a particular modality / treatment in order that we are able to refer on to the most appropriate therapy and therapist.

When is it useful to have a Consultation?

Some clients refer themselves following a crisis or an acute traumatic episode, others seek a consultation due to a range of presenting problems, including; issues associated with chronic illness, established patterns of unwanted behaviours, sudden or longstanding feelings of anxiety, family breakdown, relationship breakdown, bereavement, school refusal, phobias, social anxiety, or for ways for self-improvement.

What to Expect

We are aware that it is sometimes daunting to seek help and in this first appointment we offer a sensitive, thorough approach to understanding and thinking about your concerns and deciding which therapeutic modality will be most suitable. During the consultation we will take a detailed history and ask about your understanding of how the presenting problem/ symptoms have become established.

Some clients may be offered ongoing work with the therapist who has completed the assessment; others will be referred on to a different therapist

whose modality has been indicated as an outcome of the assessment. We then arrange for the appropriate therapist to contact you within 48 hours of your consultation to arrange an appointment usually within one week of your initial consultation.

How Long Will The Consultation Last?

Adult consultations will last up to one hour. Child and family assessments will require 90 minutes. The session is in three parts; beginning with child and family, then child alone, followed by everyone.



A-Z of Orchard mind/body therapies

Bi –Aura Therapy

Bi- Aura is a most powerful clinical and effective, complimentary therapy, for mind and body cleansing and recharge.

A Bi-Aura Practitioner works with specially developed energy techniques clearing away trapped, depleted or diseased energy from the physical body alleviating debilitating conditions and improving ailments and easing many mental health conditions. After a session you will experience a deep sense of relaxation and calm and improved vitality.

Chinese Herbal Medicine

Herbal therapy is still thriving in many countries and it is becoming more and more popular because of its efficacy and safety. In this field, the most sophisticated medical system existing nowadays is Traditional Chinese Medicine which has been used in China for more than 3000 years. Together with acupuncture, it is becoming the mainstream complementary therapy all over the world. Effective treatment is based on a holistic diagnosis that includes questions about symptoms, medical history, emotional factors and examination of the pulse and tongue.

Chiropractic (including McTimoney)

Chiropractic is concerned primarily with the diagnosis, treatment and prevention of musculoskeletal conditions. Problems with the musculoskeletal system may be caused by a number of factors including accidents, stress, poor posture, illness and general wear and tear.

Chiropractic treatment aims to adjust the bones of the body to ensure optimal skeletal alignment and thereby to restore normal joint motion, improve nerve

function and reduce pain. Chiropractic can help with certain types of headaches as well as back, neck, shoulder, knee, hip and elbow pain, along with muscular aches, sciatica, sports injuries and arthritic pain.

The McTimoney chiropractic technique is a holistic, whole body approach to chiropractic care and is characterised by swift, low force, precise adjustments. Much of the McTimoney technique is centred on an adjustment called the 'toggle torque recoil'; a painless, high speed adjustment performed to release the fixation or realign the joint and reduce surrounding muscle tension. The gentle approach of McTimoney makes it suitable for all ages from young children through to the elderly.

Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is a therapy that emphasises therapist and client working together to focus on difficulties in the here and now, rather than exploring the past. CBT takes a step-by-step, problem-solving approach to achieve realistic goals. It allows us to identify how certain thoughts and feelings can become habitual and lead into patterns of behaviour which have a negative impact on life and relationships.

Counselling & Psychotherapy for Adults

Counselling and Psychotherapy varies in emphasis and theoretical tradition. Broadly counselling will provide you with the opportunity to talk about your problems confidentially. The therapist will help you describe and explore the problem or difficulties and help you develop strategies where appropriate in order to support you whilst you overcome the situation.

The aim of psychotherapy is to provide people with the opportunity to talk about difficulties they may be experiencing in a safe and confidential environment. This process facilitates an identification and exploration of personality traits and behaviours. Clients are helped to explore their difficulties and their own feelings in order to work towards living in a more satisfying and resourceful way.

Counselling for Couples

Using one or a combination of the frameworks discussed in this section the counsellor will work with 'the couple'. In addition to the relationship with the therapist an important aspect of the work will be the relational dynamics of the couple.

Some couple counsellors focus on the relationship within the room and others set tasks to be completed between sessions.

Counselling and psychotherapy for Children

Your child might be struggling with emotional issues including: anxiety, behavioural difficulties, eating difficulties, peer relationships, academic performance, depression or bereavement. Psychotherapy is a place where these struggles can be understood and explored.

The child /therapist relationship is the key to influencing the effectiveness of therapy and therefore the aim is to facilitate a safe, exclusive, authentic, confidential (subject to limits) and purposeful relationship with clients. Once a trusting relationship is built children then begin to express and explore their feelings and better manage their presenting issues.

In order to engage with younger children and help them talk freely about painful Issues, our therapists draw on a variety of techniques including talking, creative and non-directive play therapy.

Psychotherapy for Adolescents and Young People

Adolescence is a time of great transition when specific developmental demands and challenges are placed on the young person and their family. Psychotherapy offers a safe and confidential space to explore the sometimes extreme feelings associated with this stage of development. Psychotherapy can help in thinking about and exploring these feelings and behaviours, which may have become more destructive, and move towards more helpful solutions.

Parent Consultation

Parent consultation offers a space for parents to think about and explore the complex dilemmas and challenges of parenting children and adolescents as they progress through their development. The work can be on different levels, offering advice and support about managing difficulties as well as attending to the complexity of family dynamics.

(Parent consultations are often offered alongside psychotherapy with young people and children).

Creative Therapy

Creative therapy involves the use of visual art and play materials with clients being actively involved in the art making process and discussion about it. This process facilitates an identification of feelings that may have been either denied or unknown to the client yet are emerging through their relationships in destructive ways. For example feelings of; anger, hurt, grief, fear, sadness, panic or stress may be stored in the mind and body and leak out affecting the quality of relationships. Creative therapies help the client to access deep despair, help you resolve inner conflict, modify problematic behaviours, and find emotional balance.

Emotional Freedom Technique (EFT)

EFT is one of the new energy therapies, also known as 'Energy Psychology' which has developed from the ancient Chinese meridian energy system. It is a form of emotional acupuncture without the needles, and is based on the premise that all negative emotions are the result of a disruption in the body's energy system.

EFT works to clear the blockage by tapping on the end points of the body's energy meridians whilst focusing the mind on the issue in question. EFT can treat a wide range of emotional problems and issues, including anxiety, fears, phobias, trauma, post-traumatic stress disorder, grief, anger, guilt, etc. The technique

emphasizes acceptance of ourselves and overcoming our fears despite the issues we experience.

Used in tandem with standard psychosexual therapy, EFT has great potential to rapidly and simply deal with mental and emotional blocks, and is especially useful for resolving the effects of past trauma and abuse.

EMDR (Eye Movement Desensitisation and Reprocessing)

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that was originally designed for the treatment of trauma but it has since been extended to other difficulties such as chronic pain, anxiety and obsessional thinking and others. It has been extensively researched and is one of the NICE (National Institute of Clinical Excellence) guidelines for PTSD and trauma in the UK.

The goal of EMDR is to reduce the long-lasting effects of distressing memories by engaging the brain's natural adaptive information processing mechanisms, thereby relieving present symptoms. In an EMDR session the client is invited to describe their main trauma or difficulty and it is then scripted in a way that can allow the client to process the difficult material.

The goal of EMDR is to reduce the long-lasting effects of distressing memories by engaging the brain's natural adaptive information processing mechanisms, thereby relieving present symptoms.

Experiential Psychotherapy

Experiential Psychotherapy emphasises the importance of the relationship between therapist and client where a confirming, accepting relationship is seen as facilitating client change in its own right.

The trusting relationship that builds between therapist and client will help bring the focus to the client's inner experience which will then promote deeper understanding.

A focus on the 'felt sense' of an experience or complex feeling will lift it to a different level of consciousness. Negative feelings such as anger, frustration, sadness or disappointment are often repressed or shut away because they are experienced

as dangerous or bad; experiential therapy allows these feelings to be felt and named perhaps for the first time often bringing a sense of relief and the hope of integration.

Family Therapy

Family therapy helps people in close relationships to work together. It helps family members express and explore difficult thoughts and emotions safely, to understand each other's experiences and views, appreciate each other's needs, build on family strengths and make useful changes in their relationships and lives.

Research shows family therapy is useful for families experiencing a wide range of difficulties including: family communication problems; illness and disability in the family; separation, divorce and step-family life; child and adolescent behaviour difficulties; eating disorders; self-harm; depression, low mood and anxiety

Fertile Body Method

Fertility is an aspect of life that very few of us consider until we think it is time to have children! So it is not surprising that women, couples and same sex couples are dismayed when conception does not happen. This is when stress, anger, confusion and self-doubt/recrimination can appear, creating a cycle of thinking that is less than supportive or helpful.

Fertile Body Therapists understand the impact this state of mind has on your health and your life, whether you are experiencing unexplained infertility, medical infertility and choose IVF or other methods of conception, Fertile Body Therapy can support you.

Group Therapy

Group therapy comprises ongoing 90 minute weekly meetings for a maximum 8 group members to work on a wide range of challenges that they wish to understand and resolve, in a safe and confidential context. The Group therapist administers the group and facilitates the group process. Important learning from group work is gained through both direct interaction and through observing and listening to others.

HeartMath

The HeartMath system is grounded in 20 years of psychophysiology, neuro-cardiology and biophysical research. The core of HeartMath's research has focussed upon interactions between the heart and brain electro-magnetic and chemical pathways and the mental and physical benefits of positive emotions. The system is based on learning ways to intentionally manage these communications between our heart and our brain so that we can manage the pressure and stress we experience. This is achieved by creating "coherence" in our Heart Rate Variability (HRV). In the sessions you will be taught how to achieve coherence. HeartMath Coaching can also be experienced in a group setting.

Hypnotherapy

It is estimated that 85% of people in all age groups will readily respond to hypnotherapy.

Hypnotherapy is safe and relaxing and has been used successfully for hundreds of years. It is a way to treat all kinds of emotional, psychological or nervous conditions. Most people seek help for problems such as smoking cessation, anxiety, phobias, sexual problems, depression, shy bladder, social fears, lack of confidence, blushing, eating disorders, fear of being sick, feeling 'down', 'out of control' etc.

The client is assisted to focus inwardly in order to facilitate positive change. The treatment aim is to assist the client to achieve inner self-control. Benefits are long lasting and often permanent

Indian Head Massage

Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. Clients report that the experience is deeply calming and relaxing, leaving them feeling energised and revitalised and better able to concentrate.

People have found it relieves symptoms such as upper backache, shoulder pain, headaches, eyestrain and sinusitis. Indian Head Massage needs little space in which to practise as it is done sitting up. This allows the technique to be carried out virtually anywhere, particularly as it can be done with the receiver clothed.

Integral Eye Movement Therapy (IEMT)

IEMT is a brief therapy that can generate rapid change in problematic feelings, emotions and subsequent behavioural patterns. By building a resourceful state, IEMT brings a person's awareness into the present and enables them to stay out of the negative experience.

Life Coaching

Life Coaching offers support to expand and stretch horizons and to challenge stagnant thinking. Our life coaches can help you find the motivation you need to break through creative blocks and turn your life and/or business around.

For many talented people, the barrier to outstanding performance lies not in what they do, but in how they think. Life Coaching offers a way to change what individuals do by challenging this.

Mediation

This process parallels the legal process. In other words you can sort things out between you and then take the resulting Memorandum of Undertaking to a Solicitor. Mediation is a way of helping separating parents work out their arrangements for their children and their finances.

Mindfulness and Meditation

Meditation is the practice of becoming more gently aware of our inner stillness and peace. Depending on the type of meditation, it is possible to improve one's wellbeing and balance, both emotionally and mentally. There are many benefits to meditation including calming the mind and reducing stress and improving health.

Mindfulness isn't a therapeutic modality in itself but rather a form of mental practice which can be integrated with psychological therapies to help alleviate mental health problems such as anxiety and depression. Mindfulness is not a belief system nor is it simply a form of positive thinking although its effect is often to leave us feeling calmer and less anxious. Mindfulness practice teaches us the skill of being able to open up a reflective space between ourselves, our thoughts and our emotions rather than being endlessly caught up in them.

Neuro- Linguistic Programming (NLP)

NLP refers to the functioning of the body's nervous system. This includes other physical aspects of the body such as how we store mental and sensory information and how this creates our experience of life, or our 'map of reality' that we use to navigate through life. There are many interventions in NLP. However they all share some common features: they foster flexibility, responsiveness and adaptability.

The aim of NLP is to help the client develop choices. NLP can help with managing anxiety and stress, installing positive feelings, changing negative beliefs, opening

up to possibilities, releasing phobia's, remove limiting or negative beliefs, stop eating disorders, help people sleep better, enjoy public speaking, overcome anxiety and panic attacks, stress and many other problems.

Nutritional Therapy

Nutritional Therapy is the application of nutrition science in the promotion of health, peak performance and individual care. Nutritional therapy practitioners use a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns. This approach facilitates work with individuals to address nutritional balance and help support the body towards maintaining health.

Nutritional therapy is recognised as a complementary medicine and is relevant for individuals with chronic conditions, as well as those looking for support to enhance their health and wellbeing.

Osteopathy

Osteopathy is a form of manual therapy, very similar to physiotherapy and chiropractic treatments. However osteopathy uses a range of techniques to provide effective and efficient osteopathic treatment for a variety of musculoskeletal symptoms, ranging from low back and neck pain to sporting injuries and recurrent postural problems.

Sometimes specific Pilates-based exercises are included to encourage patients to manage their own symptoms in order to speed up recovery and lessen the chance of re-injury.

As a complete system of medicine osteopathy offers a distinct, recognised therapy for all stages of life, from newborn through to the elderly. Osteopathic treatment can vary from osteopath to osteopath using a variety of techniques to restore function and health to all structures of the body. This may include dietary

advice, exercise programmes or ergonomic advice related to your work environment.

Paediatric Physiotherapy (children)

It is important to recognize that children are not simply 'small adults'. Caring for children and adolescents with musculoskeletal problems, is a highly specialised area of physiotherapy. We provide the opportunity to seek professional advice and treatment, from experts in the field of paediatric musculoskeletal Physiotherapy.

Person Centred Therapy (PCT)

PCT emphasises empathy, congruence and presence in order to achieve improvement in self-expression and feelings of self-worth. PCT is effective in the treatment of many emotional and psychological concerns including those linked to; Bereavement & loss, abortion & miscarriage, sexual and emotional abuse, bullying, child related issues, abuse, Infertility, trauma, suicidal thoughts, sexuality, sexual problems

Relationships, and postnatal depression.

Process Oriented therapy

This is a cross-disciplinary approach to support individual and collective change. Also known as process-oriented psychology (POP) or 'dreambody' work, Process Work offers new ways of working with areas of life that are experienced as problematic or painful.

Physical symptoms, relationship problems, group conflicts and social tensions, when approached with curiosity and respect, can lead to new information that is vital for personal and collective growth.

Psychiatry

Like other areas of medicine, psychiatry builds its knowledge through the observation of unusual and distressing conditions. It uses a diagnostic system, which tries to identify clusters of thoughts, feelings and behaviours that seem to occur together – or “syndromes”. These are then investigated to find social, psychological and any physical causes, with a view to finding effective ways of helping that may include talking therapies and/or the prescription of medicines.

Physiotherapy

Physiofit based at Walnut Tree Physiotherapy Centre located at the rear of The Orchard therapies site, is a team of highly qualified and experienced Chartered Physiotherapists and Pilates instructors offering a wide range of services

Physiofit have specialists Physiotherapists in the following areas: Musculoskeletal, Sports, Vestibular Rehabilitation, Respiratory and Women’s Health, as well as Pilates, Sports Massage, Sports Rehabilitation and Biomechanical Assessments.

Psychoanalytic Psychotherapy

Psychoanalytic Psychotherapy is viewed as a more intensive psychotherapy that is indicated for more longstanding and recurring emotional and psychological conditions that are rooted within our unconscious minds. Psychoanalytic psychotherapy is based on a theory of personal life first described by Sigmund Freud and has since developed further in theoretical orientations by various theorists. Fundamentally, the client learns from the experience and process of the therapy, and the relationship with the therapist. The work within the sessions facilitates the transformation of underlying worries. Often the cause of our worries may not easily be understood and they may be rooted in the deep unconscious mind – and so out of our awareness.

We develop unconscious patterns of how we view the world and how we think the world is treating us. Sometimes our ways of understanding ourselves and our relationships leads to unhappiness and repeated difficulties in life. The process of psychotherapy brings a more conscious level of understanding and awareness to our feelings and behaviours and so alleviates pain and suffering and so promotes wellbeing.

Psychotherapy

As an organised healing practice, the original premise of psychotherapy, as devised by Freud, is that when in the presence of a caring, attentive and trusted listener, the client can focus on their experience, recall long-forgotten traumatic events and re-experience the states of mind that accompanied original traumas. Through this experience of re-experiencing and processing past events/states of mind, neurotic and psychotic symptoms can be alleviated.

There are many different modern types of psychotherapies based on different theories of how we develop our personalities and experience difficulties in life. Some of these therapeutic approaches are integrated and can be offered for individuals, couples, families, and may be facilitated within a group setting.

Psychodynamic Therapy

A core principle of psychodynamic therapy is that ‘the psyche’ – that is the mind/body – is dynamic and active, and while some mental activity is conscious, a greater part is driven by unconscious forces. This means, in effect, that as individuals we are shaped by early experiences that may be forgotten and by unconscious conflicts and desires that are outside of our awareness. These unconscious forces have a big impact on our beliefs about who we are and how we relate to others.

Psychodynamic therapy emphasises the exploration of our early history and how it has shaped us as well as the deeply rooted feelings and wishes that we may be defending against. It is a modality that works effectively in treating depression

and anxiety disorders such as Generalised Anxiety Disorder, Obsessive Compulsive Disorder and a range of other problems. Psychodynamic therapy is beneficial because it aims not just to reduce symptoms but also to understand their causes and so bring about lasting change.

Psychosexual Therapy

Sometimes people experience difficulties in their sexual relationship and they need to seek professional help as these difficulties often cause great anxiety and unhappiness.

Therapy offers a combination of exploring issues in the therapy session, enhancing communication skills, learning strategies to deal with anxiety and building confidence. This is achieved by re-learning more positive attitudes and beliefs and behaviours.

Reflexology

Reflexology is a holistic healing technique that works by applying pressure on relevant parts of the feet. This channels the body's own natural healing powers to correct any imbalances, remove harmful toxins, improve nerve function and blood supply and leave the body feeling relaxed, refreshed and revitalised.

Reflexology is thought to have originated around the same time as acupuncture in about 4000BC and was practised in ancient India and among Native Americans.

A Reflexology practitioner uses pressure to massage each of the points in the toes, feet and ankles to release tension areas, remove energy blockages, disperse accumulations of calcium and uric acid, stimulate blood circulation and promote healing of both body and mind.

Relational Therapy

The Relational Model explores how early relationships in infancy and childhood have shaped the development of personality and ways of relating to others. Relational therapy heightens awareness about the impact of early relationships and explores how these influence current life. Often, an individual will bring their relational difficulties into the therapy and so the relationship with the therapist is used as a touchstone for understanding the unresolved issues that the client may be bringing to their relationships. This approach brings together Psychodynamic and Humanistic traditions. Central to this is the development of the personality during infancy. The potential development of the child is dependent on the environment that the child experiences from its care givers.

Shiatsu

Shiatsu is a physical therapy aimed at treating your condition through the application of touch, as well as helping you to learn how to heal yourself. The treatment approach and philosophy is similar to acupuncture in its usage of the meridians (energy channels) and pressure points but Shiatsu does not call for needles. Rather it uses pressure, stretching, rotation and different types of touch, with the intention of renewing the person's energy and therefore their health and well-being.

Advice on corrective health, promoting exercises may also be part of the treatment. It can be used to treat many conditions and is very good for any stress-related symptoms. It can help with neck/shoulder and back pain, reduced mobility and joint pain, headaches/migraines, digestive problems, asthmatic symptoms, depression, anxiety and stress-related symptoms as well as menstrual problems, lethargy & fluid retention. One of our Shiatsu therapists has a special interest in giving Shiatsu through pregnancy and after childbirth.

Solution Focused Therapy

This is a short term goal-focused therapeutic approach which focuses on helping the person change by constructing solutions rather than investigating problems.

Articulating what the impact of positive changes will be like on their lives is often more important than understanding what led to the problem.

Everyone has the ability to change; the solutions are often already present in the individual's life which is the basis for ongoing change. The individual can envision a clear and detailed picture of how it will be when things are better which creates hope and expectation, making the solution more practical and realistic. Goals direct the therapy and keep it focused and brief. The person's strengths and resources are emphasised as a way of helping the individual recognise how to use these to bring about change.

Sophrology

Sophrology is a simple way to rediscover your natural state of inner harmony and regain your balance in life. Sophrology combines dynamic relaxation exercises (exercises combining breath and movement) along with breath awareness, breathing exercises, and visualisation, mindfulness and relaxation techniques, all done in a systematic way.

Sophrology is a bridge between Western relaxation techniques and Eastern yoga and meditation; it is very simple to learn and is accessible to everyone, regardless of age or physical ability. You learn the techniques that are best suited to you so that you can use them in your everyday life, to help you reduce the effects of stress and increase feelings of wellbeing and vitality. Sophrology is designed to be used as a daily practice, and as a philosophy, a way of life, allowing you to reach a higher state of wellbeing, confidence, and inner harmony and reach deeper levels of consciousness.

Speech & Language Therapy for Children and Adults

The ability to communicate is central to all that we do – to who we are, how we relate to each other and to how we function in the world. In the UK, approximately 2.5 million people have a communication disorder.

Speech and Language Therapists are specialists in speech, language, communication, voice and swallowing difficulties. Our therapists assess and diagnose communication disorders, treat the person with the disorder and work with those around them in order to improve communication.

Speech and Language Therapy for adults may be needed after a stroke or when someone has a neurological condition. Treatment has been shown to improve problems in such areas as word finding, writing skills, voice production and overall speech intelligibility. It also helps people develop strategies to compensate for impaired skills.

Remedial and Sports Massage

Remedial and Sports massage is a system of deep tissue massage techniques which works with specific (and not necessarily related to sporting) injuries, such as painful muscle tension, soft tissue injuries and areas of chronic inflexibility relating to posture.

Utilising myofascial release, neuromuscular technique, PNF stretching and deep tissue massage; areas of scar tissue can be integrated, short muscles elongated, and body function may resume to normal and pain free movement.

Therapeutic Deep Tissue Massage

Therapeutic deep tissue massage focuses on relieving pain, tension and reduces stress by using deep, stimulating and soothing tissue massage techniques are used to reduce postural pain and a variety of musculoskeletal disorders.

Transactional Analysis

Transactional Analysis can be used for both short-term and longer-term therapeutic work and places an emphasis on client and therapist working collaboratively towards jointly agreed goals. A 'transaction' in TA refers to a unit

of communication between people. A transaction might be non- verbal, such as a smile or a handshake, or a verbal exchange, and each transaction is part of a wider picture of interpersonal dynamics. Analysis of these transactions can help us gain insight into how we are communicating with others and how we might be getting stuck in unhelpful patterns of communication and behaviour. These unhelpful patterns are often emotionally charged and are referred to in TA as 'psychological games.' These games are not played for fun and we can learn to recognise them because they leave us with a familiar bad feeling, a sense of 'how did I end up in this position again?' Games usually happen outside of our awareness and can often be a sign of some unfinished business from our past. Identifying the games we find ourselves playing and why, can then allow us to gain greater self-awareness and to develop new ways of responding to the world around us.

Orchard Therapies has a long established track record in providing a managed service to Corporate /Company clients whose staff are referred for assessment and mind/ body treatment. We also provide wellbeing workshops and away days on all aspects of personal and staff wellbeing.

We are frequently asked “What is the difference between a Psychiatrist, a Clinical Psychologist and a Psychotherapist?”

Although there are overlaps, similarities and distinct differences, within trainings and theoretical traditions, psychiatrists, clinical psychologists and psychotherapists have all been professionally trained to understand and to help people with psychological distress or mental illness.

Psychotherapy Training

A psychotherapist usually has a previous professional background, including for example; medicine, social work, and psychology. However, psychotherapy training is usually quite separate from either of these disciplines. The trainings differ enormously but most training schools require trainees to have their own intensive psychotherapy.

Psychoanalytic Psychotherapy for Children and Adolescents is a six year post graduate NHS training at Masters and Doctorate level. The training is based on the study of; psychoanalysis, child development, detailed psychoanalytic observation of babies and young children, adolescents and parents. An essential part of the training is that trainees undergo a personal analysis themselves for up to 5 x a week for 5 years and beyond. The training includes long term psychoanalytic work both weekly and on a more intensive 3x a week basis as well as brief work and parent work.

Theoretical Background

There are a number of different types of psychotherapy all of which have grown out of particular theories of how the mind works and associated methods of intervention. Different therapies suit different people – and different problems. Traditional psychoanalytic therapy explores the unconscious mind and how the early relationships affect a person’s behaviour in the present.

A psychotherapist can work one-to-one with individuals or with groups of people with similar or differing problems. Individual meetings can take place once every week or two, as in CBT, or up to 5 times a week with psychoanalytic therapy.

Psychiatry Training

Psychiatry is a medical speciality, like general practice, surgery, general medicine or paediatrics. Psychiatrists have to train for 5 years as a doctor and in the UK – like every other medical specialty - do 2 further years of “Foundation” jobs in hospitals before starting to specialise in psychiatry. It usually takes another 4 years to pass the two professional exams of the Royal College of Psychiatrists, after which you can specialise further.

Psychiatrists work with people of every age, but usually with people who have more severe, complex and enduring disorders, such as personality disorders, manic depression or psychosis, that may require medical treatment. This often, but not always, involves the prescription of medication. A psychiatrist can take into account psychological and social factors and will tailor any treatment plan according to the needs of the individual.

Clinical Psychology Training

A Clinical Psychologist will have gained a degree in psychology at university. After gaining further experience working in relevant healthcare settings, Clinical Psychologists then do 3 years Doctorate clinical training in an approved training scheme at university. During this time they work with patients under supervision from experienced psychologists and study for an academic doctorate as well as their first degree. They complete training placements with adults, children, older adults and people with learning difficulties.

They are trained to work in NHS settings using several models of psychological therapy (usually Cognitive Behavioural Therapy plus at least one other model e.g. psychodynamic/systemic) and to work consultatively in the NHS organisation. They learn also research methods and skills in service development.

Theoretical Background

Psychology has historically applied a more formal experimental approach to exploring both normal and abnormal states of mind, with the emphasis more on clarifying psychological mechanisms rather than physiological ones.

In their daily work, clinical psychologists will work psychologically with a wide range of problems and client groups – from eating disorders to schizophrenia and dementia. Most clinical psychologists will specialise in a particular type of assessment or therapy, such as cognitive behavioural therapy or neuropsychology.

Counsellors are trained and accredited within the standards of the individual training schools. All Orchard Counsellors are fully qualified and accredited by their national standards organisations chiefly UKCP and BACP. The recommended route for training can take up to three or four years, depending upon the courses chosen. In addition to attending tuition, trainees spend a lot of time on independent study, placements, supervision and, in some cases, personal therapy in order to ensure that trainees gain the skills and experience to practise competently and safely.

Equestrian Therapy

***Think Like a Pony* Youth Development Programme - Empowering Children Through Horsemanship**

The 'Think like a Pony' programme helps children who are suffering from a range of disadvantages. Without support these children often fall into negative patterns and face significant problems throughout life.

This intervention empowers children to create positive lifelong changes for themselves. Change is facilitated by empowering children to develop social and communication skills as they learn how to handle, care for the ride a pony empathetically, respectfully and safely.

Children are motivated to develop the critical skills needed to thrive in life. They learn to be mindful and to take control of themselves on a mental, emotional and physical level.

We are more similar to the horse than you might imagine. By learning how horses communicate and form relationships, children reflect and improve on their own communication and relationship skills.

Professional Organisations

Association of Child and Adolescent Psychotherapy (ACP): The British professional association representing Child and Adolescent Psychotherapy. (CAP) Cap is recognised as a core NHS discipline and is an NHS funded training.
www.acp.org

British Association for Counselling and Psychotherapy: A member group for counsellors and psychotherapists. The site offers a training directory, information on finding a therapist, and information about the organisation itself. There are also sections on professionalism and ethics.

Tel: 01455 883 316

Email: bacp@bacp.co.uk

British Psychoanalytic Council: The BPC is a professional association, representing the profession of psychoanalytic and psychodynamic psychotherapy.

Tel: 020 7561 9240

Email: mail@psychoanalytic-council.org

British Psychological Society: Information about training as a psychologist, how to find a psychologist, and career development events. In addition, there is some recent research on psychological topics, and an FAQ section about the Society and psychology in general.

Tel: 0116 254 9568

Email: enquiry@bps.org.uk

UKCP - UK Council for Psychotherapy: America House, 2 America Square, London, EC3N 2LU

Tel: 020 7014 9955

Email: info@ukcp.org.uk

Contact Details

0113 281 9493

info@orchardleeds.co.uk

Please do not hesitate to call our senior Administrator Linda Fox if any further information is needed.

More extensive information about our modalities, as well as therapist profiles can be found on our website;

www.orchardleeds.co.uk

Testimonials

“We have referred a number of employees to the Orchard over the years, and have had nothing but a positive experience with them. They are a highly professional and confidential organisation and offer an excellent service – we would strongly recommend them to any employer (or person). We look forward to many more successful years working together.”

Kind regards

Jennifer Best, HR Officer, Airedale International Air Conditioning Ltd

“The Orchard Therapy Centre in North Leeds was commissioned to provide psychotherapy for a 6 year old child with significant needs. This therapy was specified by an independent assessment and previous attempts at therapy had proved difficult. The therapy team at Orchard were able to build an effective therapeutic relationship with the child and family that allowed good progress to be made. Orchard were asked to set out a plan and report against that plan for the duration of the therapy and proved reliable whilst demonstrating high levels of professionalism in all aspects of the commissioning relationship. With good communication and clear processes, this package of care was conducted within anticipated timeframes and cost.”

Brad Palmer, Commissioning Manager, NHS Cumbria CCG

“Thank you for seeing me a few months ago regarding my daughter. We applied the things you suggested and she's made huge progress. I think you were absolutely spot on in your assumptions about her. She's improved so much it's quite amazing.

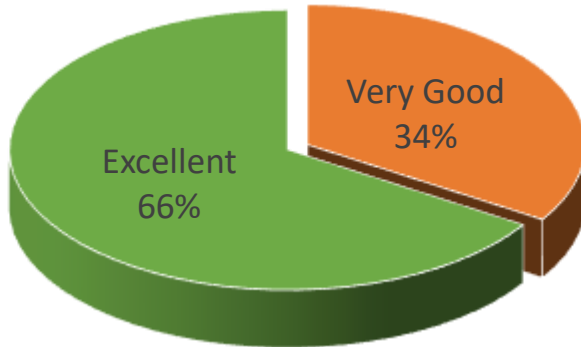
I just wanted to thank you for your help in making our situation seem clearer and giving us a direction to go in.”

Anonymous

Rooms available for hire



Overall Quality of the Service



(Date source: Responses from the Orchard Confidential Customer Satisfaction Questionnaire September 2016 – August 2017).

Impact Evaluation

From an evaluation of 100% of responses received, over an average of 8 sessions, our measurement of psychological wellbeing indicated an average improvement of 36%.

(Data source: Core-10 clinical screening scores for anxiety and depression taken both at initial consultation and at the end of therapy September 2016-August 2017).



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