

Some common mental health problems we work with:

Psychotherapy is a general term referring to **therapeutic interaction** or **treatment contracted** between a trained professional and a client, patient, family, couple, or group. The problems addressed are psychological in nature and can vary in terms of their causes, influences, triggers, and potential resolutions. Accurate assessment of these and other variables is dependent on the practitioner's capability and can change or evolve as the practitioner acquires greater experience, knowledge, and insight.

Psychotherapy aims to increase the individual's sense of his/her own well-being. Psychotherapists employ a range of techniques based on **experiential relationship building, dialogue, communication** and **behaviour change** that are designed to improve the mental health of a client or patient, or to improve group relationships (such as in a family). Counseling is usually used for a range of day to day life issues.

Psychotherapy and **Counseling** can benefit a number of people facing mental health problems such as: **Stress, Anxiety, Depression, Obsessive Compulsive Disorder, Social Phobia, Personality Disorders** and Other **Emotional Disturbance**.

- **Anxiety**

Depression and **anxiety** might seem like opposites, but they often go together. More than half of the people diagnosed with depression also have anxiety.

Either condition can be disabling on its own. Together, depression and anxiety can be especially hard to live with, hard to diagnose, and hard to treat.

- **Stress**

Stress is the body's reaction to a change that requires a **physical, mental** or **emotional** adjustment or response.

Stress can come from any situation or thought that makes you feel **frustrated, angry, nervous, or anxious**. **Stress** is caused by an existing stress causing factor or "**stressor**".

Dealing with a serious illness or caring for someone who is can cause a great deal of stress.

- **OCD (Obsessive Compulsive Disorder)**

This is an **anxiety disorder** characterized by two core symptoms: **Obsessions** and **Compulsions**.

Obsessions are thoughts, images, or ideas that won't go away, are unwanted, and cause **extreme distress**.

Common examples of obsession include,

You might worry constantly about becoming contaminated with a deadly disease;

That you will do something terrible, like scream out an obscenity at a funeral;

That something horrible will happen to a loved one.

Other common obsessions include **repeated doubts**, such as,

Believing you may hit someone with your car;

A need for order;

Aggressive or disturbing ideas such as thoughts of murdering your partner or child; as well as disturbing sexual and religious imagery.

Compulsions are behaviors that you feel you must carry out over and over.

For example,

if you are obsessed with **contamination**, you might wash your hands over and over again.

Other common compulsions include **cleaning, counting, checking, requesting** or **demanding reassurance**, and **ensuring order** and **symmetry**