

INTRODUCTION

I'm an experienced, approachable **Person-Centred** therapist who retrained in 2004. I offer long term **Psychotherapy** or shorter term, more goal-oriented **Counselling** and I also work as **Therapeutic Parenting Practitioner**. I integrate a knowledge of other approaches into my work, particularly **Attachment Theory**, which emphasises the impact our early months and years has on our emotional (and physical) health and well-being. In 2013 I set up a service for families affected by **Domestic Abuse** for a local, Cornwall wide charity and ran it for 4 years. This means I have very specialist experience in working with the effects of **Abuse, Neglect** and **Childhood Trauma**.

Research proves that it's the quality of the relationship between you and your therapist that contributes the most towards a positive outcome, despite how many letters are after the therapist's name. I therefore place great emphasis on creating a safe, comfortable, relaxed environment for our sessions together – a place where you can hopefully feel really listened to and respected – without being told what to do.

I've found that my clients are generally experiencing one or more of the below.

- **CONFUSION ABOUT WHO THEY ARE, PROBLEMS WITH THEIR IDENTITY**
- **THE IMPACT OF VIOLENCE, ABUSE & TRAUMA –ON THEMSELVES AND/OR THEIR CHILDREN**
- **FEELING AFRAID, PANICKY AND STRESSED**
- **EXPERIENCING ANXIETY, DEPRESSION OR SUICIDAL FEELINGS**
- **FEELING HELD BACK OR STUCK IN LIFE**
- **ADDICTIONS, PHOBIAS AND OBSESSIONS, EATING PROBLEMS, SELF-HARM**
- **FEELING EMPTY, LONELY, ABANDONED, UNABLE TO MAKE LASTING RELATIONSHIPS**
- **LOSS, BEREAVEMENT, RELATIONSHIP BREAKDOWN**
- **DIFFICULTIES IN FAMILY RELATIONSHIPS**
- **FEELING IN CRISIS OR IN A STATE OF BREAKDOWN**

**1st Class BA (Hons)
Counselling Studies**

Level 1&2

**Dyadic Developmental Practice (DDP)
– Psychotherapy & Parenting**

**Diploma In Person Centred
Counselling & Therapy**



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Accredited register membership



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COUNSELLING PSYCHOTHERAPY THERAPEUTIC PARENTING PRACTITIONER



"...I first started seeing Sarah for a work related issue which had left me overwhelmed and anxious. However she is so easy to talk to, I found myself opening up about other things in my life. I'm now a few months into my sessions and I feel so much happier. Sarah has a way of helping you look at your thoughts and behaviour and understanding them. I have laughed, cried and learnt so much. She is extremely warm and encouraging - I would recommend her to anyone."
Gill

Sarah Waters Therapy

Sarah Waters Therapy



COUNSELLING & PSYCHOTHERAPY

My main aim during these sessions would be to help alleviate anxiety and get to the roots of the disharmony that you may currently experience in your life. This may be because of a specific incident or relationship or because of **Adverse Childhood Experiences (ACE's)**.

I believe that being really listened to and respected is one of the most helpful things one person can do for another. I therefore don't give advice or tell you what to do – although I will offer insights and reflections based on my experience. The emphasis of my approach is on a collaborative, empathic, confidential and open relationship where we can try together to get a better perspective on whatever your problems or worries may be.

Learning to see your situation more clearly and most importantly, cultivating acceptance of yourself in it can take time; it certainly takes commitment and courage so well done if you're taking your first step. I provide short term counselling as I do appreciate that committing to psychotherapy on a long term basis is a big financial and emotional commitment plus you may have a specific issue that can be helped by just a few sessions (I would recommend a minimum of 6).

However, you may require more than this and it can sometimes take time to reach the depths where real transformation can happen. If appropriate and with time we would therefore look into the type of nurture you received as an infant and child as this would give us a unique insight into your emotional development. It would also help us to understand how and why you relate to others in the way that you do and armed with that awareness we can work on any changes you may want to make.

THERAPEUTIC PARENTING

I am passionate about supporting parents, especially those with children or young people (CYP) who have experienced adversity in their lives. Sadly, some of these CYP can suffer from **Developmental Trauma** and the latest research indicates that they in particular need a more empathic, **Therapeutic Parenting** approach to help them heal and build trust in forming close relationships.

I am trained in a specialised therapy called **Dyadic Developmental Psychotherapy & Parenting** and I am in the process of becoming certified in this approach. **DDP** is suitable for birth, adoptive or foster parents/carers who have relationship difficulties with their CYP. My work with *parents/carers alone, with their child together (Dyadic)* or in *therapeutic group work programmes* is informed by this therapy. A broader term for the dyadic work, is **Attachment Focused Family Therapy (AFFT)**.

These are some of the common worries that traumatised children and young people can present with:

- **ANGER AND AGGRESSION**
- **ABUSIVE BEHAVIOUR TOWARDS PARENT/CARER AND /OR SIBLINGS**
- **SUBSTANCE MISUSE AND SELF HARM**
- **DEPRESSION, STRESS AND ANXIETY**
- **PROBLEMS AT SCHOOL AND WITH PEER RELATIONSHIPS**
- **SIBLING RIVALRY • SLEEP PROBLEMS**
- **SUICIDAL THOUGHTS AND BEHAVIOURS**
- **HIGH ENERGY • CONTROLLING BEHAVIOUR**
- **LYING AND STEALING**

THERAPEUTIC PARENTING cont...

The aim of **DDP** informed Therapeutic Parenting is to support and encourage you on an emotional level so you are better able to support your child or young person (CYP). This in turn would enable you to feel more confident and empowered so you can initiate change where needed. Thinking about and exploring your own history of being parented would also help you to gain a better understanding of any triggers within your current family situation. The focus would also be on your experience of parenting your CYP, especially the impact that this has upon you, and in turn it is hoped this would lead to specific thinking about different ways to parent.

Having a much greater understanding of the psychological affects of trauma, abuse and/or neglect on your CYP can also be very helpful when being introduced to and encouraged in the use of more therapeutic, empathic parenting methods which are outlined below. Relationships and attachments within you family would start to feel stronger and more resilient as you are encouraged in the use of these methods which are much more suited to traumatised CYP than the more traditional 'reward-punishment' approaches.

- **ACTIVE LISTENING**
- **TIME IN (RATHER THAN TIME OUT)**
- **SPECIAL TIME**
- **PARENTING WITH PACE (PLAYFULNESS, ACCEPTANCE, CURIOSITY, EMPATHY)**
- **ESTABLISHING ROUTINE AND STRUCTURE**
- **KEEPING CALM WHILST BEING ASSERTIVE**
- **REWARDING POSITIVE BEHAVIOUR**
- **ESTABLISHING SAFETY**
- **EMOTIONAL CONNECTION BEFORE CORRECTION**