



Psychodynamic Psychotherapy and DIT

Dr Steph Fryer, Clin Psy D

Psychodynamic psychotherapy is an evidence based approach to therapy that provides an opportunity for people to gain understanding of how they relate to themselves and others and how this links to the difficulties they are having. Therapy offers a space where people can think about how they may wish to change things for themselves. Many people who undertake therapy find that the changes they are able to make continue to be maintained and can be built upon after therapy ends.

DIT (Dynamic Interpersonal Therapy) is a 16 session form of Psychodynamic Psychotherapy which has been commissioned by NHS England as a treatment for depression. DIT works with a focus that describes a recurring pattern that links to a person's problems, for example with depression and/or anxiety.

Psychodynamic psychotherapy can help people with a broad range of problems, for example:

- Low mood or depression
- Difficulties in relationships, for example difficulties in forming or maintaining relationships, or maybe a tendency to get into unhelpful relationships.
- Loss or bereavement
- Anxiety, including panic attacks
- Low self-esteem and/or lack of confidence
- Eating issues.

Steph Fryer is a highly experienced HCPC registered Clinical Psychologist, Psychodynamic Psychotherapist and BPC accredited DIT therapist. She has worked in the NHS for over 20 years and has held a Consultant Clinical Psychologist post in the NHS over the last decade. She has also worked in private practice for the past 8 years. In her work as a psychologist and psychotherapist, she has witnessed the power and potential of psychological therapy to assist people in making profound changes in their lives and relationships.

If you would like to find out more about counselling or book an appointment with Steph please contact her via reception at The Natural Healthcare Centre on: (01283 516444).