

Psychological Support

Everyone has different ways of coping with personal difficulties. People often deal with stressful situations by talking to their partner, a family member or a friend. However in certain situations, like after a traumatic event, having to make a life changing decision and coping with the varying emotions these evoke, working with a professional therapist may prove more helpful. If left untreated problems can sometimes permeate into other areas of life compounding the difficulties and making life unmanageable.

Phantom Limb Pain, pain in the 'lost' limb is very real and often very painful. Sufferers often describe the pains as sharp needles, shooting pains or a burning sensation whilst others feel their fingers or toes are painfully and permanently locked in cramp. Research, both here and in the United States shows that Phantom Limb pain may be controlled by the use of visualisation using specialist hypnotherapy and NLP techniques.

At Pace allied or resulting conditions such as weight gain due to a less ambulatory lifestyle or phobias resulting from trauma are also addressed by our therapists. Also understanding the strain an amputation may place on family and home life we make our services accessible to partners, family members and friends.

Psychological support encompasses many different forms of therapy, the therapists at Pace are fully trained in wide range of specialist services.

Hypnotherapy is a state of enhanced body relaxation and focussed mind and whilst fully in control at all times it allows thoughts and feeling to be guided towards positive change. As medicine and science has established the mind and body are so closely linked hypnotherapy is an ideal therapy with which to release past trauma, conquer Phantom Limb Pain and de-condition old unhelpful habits.

Eye Movement Desensitisation & Reprocessing (EMDR) is the use of bilateral stimulation in the form of eye movements or tactile stimulation. There is a great deal of evidence that the bilateral stimulation used in EMDR speeds up the reprocessing of disturbing emotional or traumatic material and at the same time helps the client feel safer in making contact with traumatic material.

Neuro Linguistic Programming (NLP) offers a flexible approach to bring about positive, fast change in individuals empowering them to adapt to an ever-shifting world. At the heart of NLP is a wide range of methods and models for understanding how people think, behave and change. Recent research shows the use of visualisation techniques aids and alleviates the feelings associated with trauma.

Cognitive Behavioural Therapy (CBT) combines two types of therapy, Cognitive Therapy which looks at a person's thinking patterns, and Behavioural Therapy which focuses on a person's behavioural response to those thoughts. During times of mental distress the way a person sees and judges themselves and the things that happen to them alters. The therapist and client will work together to identify and then change extreme thinking and unhelpful behaviour. By doing this, the result is a significant improvement in how the person feels and lives their day to day life.

Counselling is a way of enabling choice or change or of reducing confusion. Bottled up feelings such as anger, anxiety, grief and embarrassment can become very intense and counselling offers an opportunity to explore them with the possibility of making them easier to understand. The client may be helped to examine in detail the behaviour or situations which are proving troublesome and to find an area where it would be possible to initiate some change as a start.

Assessment

An initial discussion and assessment is undertaken and the appropriate therapy or integration of therapies recommended. In some instances a few sessions with a specialist therapist may be all that is required to redress the emotional balance or develop coping mechanisms. Pain management, Phantom Limb Pain, trauma and Post Traumatic Stress Disorder (PTSD), depression and associated disorders may require longer term work. All treatment programs are individually tailored to ensure they meet the specific needs of the client and are re-evaluated throughout therapy.

All specialist therapists at Pace are members of the British Association for Counselling and Psychotherapy (BACP) and adhere to and are bound by its code of ethics and practice.

PACE Rehabilitation