

Client Type	What is this?		Treatments Offered	What is this?
Individual	Supercharge your productivity	Make your actions more effective	Behavioural Therapy	This therapy uses learning techniques to change unhelpful behaviour patterns by replacing them with new, more helpful ones.
	Achieve goals	Fine-tune your achievements	Cognitive therapy	This therapy works to replace unhelpful ways of thinking about oneself and the world.
	Work through challenges	Understand problems you are facing and find solutions.	Cognitive Behavioural Therapy	This therapy works to replace unhelpful thoughts and behaviours with more helpful ones.
	Relieve stress	Understand the sources of your stress and find ways to manage and reduce it.	Person Centred therapy	This therapy sees the therapist providing support to the client to direct their own treatment, based on the idea that the client understands themselves better than anyone else.
	Change unhelpful life patterns	Understand the origins of unhelpful life patterns and learn to change them.	Narrative and Post Modernist Therapy	The narrative therapist collaborates with the client in constructing strong, positive stories of themselves (narratives), and deconstructing negative self-stories. In narrative therapy, "The person is not the problem, the problem is the problem."
	Treat unhappiness and depression	Understand the origins of your depression and find ways to improve your mood	Post Modernist Therapy	Psychodynamic therapy refers back to clients' past life experience to understand why current events are problematic. It is based on the philosophy that if you can discover the life patterns that you live by, you can influence or change these patterns.
	Fear/Panic	Understand your fear and find ways to work through or manage it.		
	Loss/grieving/bereavement	Learn about the grieving process, and find support to work through your loss.		
	Adjusting to Change	Change can be stressful. Understanding why it is stressful can help you to adjust better to it.		
	Anxiety/ Worry	These are normal human experiences, but they can sometimes they affect our ability to enjoy our lives. Learning ways to reduce your worry and cope with anxiety, allow you to take control back of your life.		
Personality Problems	Our personalities are what make us unique. Sometimes our personalities can lead us to think and do things that are unhelpful to us or those we care about. Find more helpful ways to be yourself can make you and those you care about happier.			