

# Embodied Psychotherapy

## Lucy Kuipers



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An embodied, relational approach to psychotherapy with a focus on the body-mind connection.

You can choose to work verbally, or using movement, or a combination of both. The option to work creatively through art, or other creative fields, is also available to support you during the sessions.

I can work with you on a range of difficulties and problems relating to:

- Anxiety
- Mental health
- Neurodiversity
- Confidence and self-esteem
- Gender and sexuality
- Relationship issues
- Pain management
- Loss and bereavement
- Stress
- Low mood / depression



Please email me to arrange a free initial consultation to find out how psychotherapy can help and if I am someone you would like to work with.

Practice address: The Bridgeman Centre, 18 Bridgeman Terrace, Wigan, WN1 1TD

Enhanced DBS checked and Professional Liability Insurance

