

Debi Lyons

Masters of Psychotherapy

Psychotherapy is a way of attending to what troubles you. Together, through our therapeutic relationship we will do just that. I will bring my skills, experience and my willingness to know you and together we will find a way forward.

I support and work with adults from age 17 years old – all ethnicities, genders, sexual orientations, religions, belief systems, backgrounds, experiences, and ways of living. Everyone can expect to be accepted and honoured for exactly who they are. Trained in Relational Psychodynamic Psychotherapy, I offer short, mid and long-term individual Psychotherapy as well as group work. My therapeutic style involves primarily the construction of a safe space in which to explore all the things that trouble you. To this end each therapy is unique to each individual client. We start with where you are and you can expect my curiosity, empathy and suggestions about interventions that have a solid basis in bringing about change. We will attend to thoughts, physical sensations, emotions and psyche as well as your practical daily functioning.

Having worked at WDH Community Mental Health I have experience in a wide range of presentations. Where appropriate I will refer to other professionals.

Special interests: I warmly welcome anyone struggling with issues such as those related to heartbreak and disillusionment, to anxiety (such as OCD, PTSD & panic), mood (such as depression, grief and bipolar disorder), addictive behaviour, problematic eating. I help those wanting to resolve relational difficulties, address emotional overwhelm and cope with change and transition in their lives.

Psychotherapy can benefit everyone, at any age, by helping to relieve stress, deal with physical illness or sexual problems, recover from abuse, manage behaviour or sleep issues and to cope with major life changes. I have a special interest in trauma related issues, (including childhood trauma, PTSD and CPTSD), the psychospiritual and in Ecopsychology.