

The Therapist



Malai Sontheimer holds a Diploma for Therapeutic Counselling. She trained at the Institute for Psychosynthesis in London from 1988 to 1991.

She ran a busy private practice in Brecon, Wales for many years.

Psychosynthesis is a form of psychotherapy that looks at the past, at the patterns that were created in childhood. It also looks at what the present offers and at our dreams and vision for the future.

Psychosynthesis acts like a conductor bringing different musicians together in an orchestra. It helps a person to look at all the different, often conflicting parts of him or herself, in order to find a more integrated whole.

Malai has also trained in the Option method, a cognitive, behavioural approach which helps people look at their belief systems, attitudes and judgements.

Therapeutic Counselling

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Practising at:

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What is it about?

Problems and crises, illnesses and pain are as much part of our lives as joy, health and ease. We all need to find ways of dealing with these different experiences.

Support from a counsellor can make all the difference. Someone who is outside our daily life and therefore not personally involved with our problems can help us with:

- Accepting our difficulties and who we are.
- Seeing things from a different perspective.
- Finding a more creative, satisfying and resourceful way of handling problems or conflict.
- Working through difficult past experiences.
- Working with anger, fear, shame or loss.
- Experiencing more freedom and choice.
- Giving us the understanding, space and strength to find a new way forward.

PEOPLE COME INTO THERAPY FOR MANY DIFFERENT REASONS:

They may be in despair. Despair can range from mildly unhappy to seriously depressed or unable to cope.

Or they may be frightened. Fear can range from feeling slightly anxious to severe panic attacks.

Perhaps they have problems with their anger or live with shame, blame and guilt.

They may have experienced loss or trauma of some kind. It could be a bereavement, or loss of relationship or job.

Or they just want to feel happier and create a better life.

Some people have problems with relationships, with a partner, family member or somebody at work.

Others struggle with parenting issues.

People come into therapy because they are dealing with addiction, compulsion, phobia, obsession.

Or they come with a health problem.

People come because they want to change their attitude or their direction in life.