



# Trust Therapies

Part of The Cellar Trust

**Psychological  
Therapies support**


# Trust Therapies

If you are experiencing challenges in your life that affect your well-being, you may want to consider psychological therapies. If you have never tried this kind of talking therapy, this leaflet provides information about how it could help so you can make an informed choice. You can also visit our website for more information:

[www.thecellartrust.org](http://www.thecellartrust.org)

## What are psychological therapies?

Psychological therapies can help you become emotionally, psychologically, and mentally well. We are here to listen and provide a confidential space for you to talk about, and understand, the issues you are having. We will work with you to carefully develop a trusting, non-judgemental and safe working relationship of mutual respect. Our goal is to support you in achieving your personal goals so you can move forward.



*For the first time in my 71 years, I'm learning to like myself and speak to myself kindly. The therapist was helpful and constructive. I am looking forward in my life.*

*Sue*



## What can psychological therapies help with?

We can help with issues such as, but not limited to:

- Current and past abuse(s)
- Depression, stress or anxiety
- Trauma and PTSD
- Panic attacks
- Difficult changes and transitions
- Low confidence and self-esteem
- Self-harm
- Relationship difficulties
- Work problems
- Inability to cope and other issues leading to harm and/or distress to you and those around you
- Medically unexplained symptoms
- Bereavement and loss



## What to expect

We know it can be daunting to access support when you have been struggling. We want to put your mind at ease about the time you will spend with us.

## Initial assessment

Once you have completed our online referral form, you will be allocated a therapist who will offer an appointment for you to explore the reasons you need support and identify any goals you wish to achieve. The therapist will ask some background questions and listen to your story to understand your current struggles and any relationships, events or issues that are impacting your emotional health. You can raise any concerns or questions in your initial assessment.

## My sessions

Once your psychological therapy sessions start you will have a set appointment each week, usually on the same day, at the same time and in the same location. In your sessions, you will explore thoughts and feelings with your therapist to gain an understanding of the cause of problems. You will work together to identify ways to move forward.

Your session will usually last 50 minutes face-to-face in Shipley or Keighley, or alternatively, we can offer video link or telephone sessions.

Sessions are limited to 12 so tackling multiple issues or very complex issues may not be appropriate with this service. We will explain this when we contact you if this is the case.



*Completely life changing - my whole outlook on all aspects of life has changed. Things are entirely better even when facing difficult times. I cannot thank my therapist enough.*

*Imran*



## Costs

The cost for a 50-minute psychological therapy session is subsidised at £45, and you can discuss the number of sessions you need with your therapist.

If you are unable to pay, we have a limited number of free places available for which there is a waiting list that you will be placed on. Alternatively, you may feel able to make a contribution towards your sessions, please include this in the relevant section of the online referral form.

## How do I access this service?

We have an online form you can use to directly refer into this service.

[www.thecellartrust.org](http://www.thecellartrust.org)



If you need support to access this service please contact us.

## How to contact us

01274 586 474

[reception@thecellartrust.org](mailto:reception@thecellartrust.org)

[thecellartrust.org](http://thecellartrust.org)

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