

Martina Leeven CPsychol

BPS Chartered / HCPC Registered Psychologist

Psychology

Psychotherapy

EMDR Therapy

About Martina

Martina is a registered and chartered psychologist, originally trained in Existential Counselling Psychology and further specializing in EMDR trauma therapy. She has been working therapeutically since 2005 in community settings, in the NHS, and the charity sector. In 2012 Martina opened the Plane Tree with husband John Mallinder (Osteopath) to support the integration of mind and body health in the community.

How I work

Martina works with a wide range of mental health issues (including anxiety, depression, trauma, addictions) predominantly using EMDR as a therapeutic lens to explore the roots of what leads to disturbance and to resolve this. Her work attracts adults who experience significant blocks or patterns in their lives that keep them stuck and Martina works to help you understand, resolve and better integrate past traumas (big and small) and negative beliefs linked to these blocks. Understanding earliest attachment relationships and how these inform how we cope and relate today is also an important aspect of this integrated approach. Martina draws on the most recent neuroscience research that offers insight into the relationship between *attachment* and *trauma* and how our personalities form, often by building defenses and coping mechanisms to manage the fall out from early adverse experiences. This way of working also has a strong focus on tuning into the relationship between mind and body, seeing the body not only as a place that can hold disturbing feelings and sensations, but also as a source of knowledge and a resource for greater emotional stability. Her way of working also draws on *Internal Family Systems Therapy*, and *Mindfulness* approaches.

What is EMDR?

EMDR stands for *Eye Movement Desensitization and Reprocessing*, and is one of the leading trauma therapies today, recommended by the NICE guidelines for clinical excellence. It is also used more widely to resolve symptoms and negative beliefs linked to any past disturbing event. EMDR works from the basis that within everyone there exists an 'information processing system' that naturally moves us towards health and wellbeing. 'If the system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. Once the block is removed, healing resumes'. This is achieved by using evidence-based EMDR protocols and methods which link thoughts, feelings and sensations and enable us to 'process' a disturbance.

What happens in therapy?

Martina will listen to you and ask questions to gain a detailed understanding of what brings you to therapy and to identify your goals. You will also be asked to fill in some questionnaires. EMDR is a structured approach and the initial phase of therapy involves an in-depth history taking, followed by a review of your resources and positive coping skills, and psycho-education of your symptoms. The therapy then progresses towards identifying roots of disturbance or current triggers that keep reactivating patterns. This will form the basis of beginning EMDR processing. Therapy focuses on developing positive resources, resolving past traumas big and small, and changing patterns of behavior.

Martina takes a tool-box approach integrating her range of knowledge and training to address your concerns, she may draw on one or a number of modalities. Therapy may be short term and targeted or longer-term focusing on the unfolding process of change.

Qualifications

- BA (Hons) Psychology
- MA Counselling Psychology
- PostMA Dip Counselling Psychology
- Levels 1, 2 and 3 EMDR
- EFT Practitioner Level 2

Professional Registration

- Chartered Psychologist - British Psychological Society (BPS)
- Registered Psychologist - Health & Care Professions Council (HCPC)
- EMDR Europe Accredited Practitioner
- EFT Practitioner- AAMET

Information and Appointments

For further information or for a free 20 minute phone consultation please contact Martina directly on mleevenpsychologist@gmail.com or 07914 621 032.



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