

Martina Leeven CPsychol
BPS Chartered / HCPC Registered

Counselling Psychology

EMDR Therapy

About Martina

Martina is a registered and chartered psychologist, originally trained in Existential Counselling Psychology and further specializing in EMDR (Eye Movement Desensitization and Reprocessing) 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 John Mallinder (Osteopath) to support the integration of mind and body health.

Areas of Work

While Martina works with a wide range of issues, symptoms of anxiety and trauma and how they present in the mind and body holds particular interest for her. Her focus is on working with adults who have experienced significant emotional disturbance in the past which gives rise to symptoms like anxiety among many others. Understanding our earliest attachment relationships and how these inform how we cope and relate today is also an important aspect of this approach. Martina draws on the most recent neuroscience research that offers insight into the relationship between attachment, trauma and anxiety disorders.

Martina has particular experience working with trauma, appearance and body image concerns, of non-belonging and difference, and ageing.

Ways of working

Martina works from the philosophical basis of the humanistic and more specifically Existential tradition of therapy, which focuses on how we are in the world (in our bodies, in relationships with one another, and within society) and how we are challenged by the limitations of our existence (age, the bodies we inhabit, mortality). Martina believes that each person is unique and she therefore tailors her approach to meet the individual client where they are. The following most significantly inform her practice:

- EMDR (Eye Movement Desensitization and Reprocessing)
- Attachment theory
- Mindfulness Practice
- Neuroscience research
- EFT (Emotional Freedom Technique)
- Third Wave CBT (Cognitive Behavioural Therapy)
- Psycho-education



Initial Consultation

Martina will listen to you and ask questions to gain a detailed understanding of what brings you to therapy and to identify what your goals are. She may ask you to fill in some questionnaires to better understand your experience and then offer potential ways of working together on your concerns. The initial history taking is in-depth and may take a number of sessions, which form the foundation of the therapy.

Taking a tool-box approach where particular interventions can be offered to address particular difficulties, she may then work with you in one or a number of modalities. Therapy may be short term and targeted, asking you to engage in some work between sessions, or it may be longer-term focusing on the unfolding process of changes.

Qualifications

- BSc(Hons) in Psychology
- MA in Counselling Psychology
- Post-MA Diploma in Existential Counselling Psychology

Professional Registration

- Chartered Psychologist - British Psychological Society (BPS)
- Registered Psychologist - Health & Care Professions Council (HCPC)
- EMDR Therapist- EMDR Association UK & Ireland
- EFT Practitioner- AAMET

To book an appointment

For further information or to book an appointment, please contact Martina directly on martina@theplanetree.co.uk or mobile **07914 621 032**.



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