

Sarah Holden

movement psychotherapist & group analyst

INFORMATION for REFERRERS

Sarah Holden is a UKCP registered psychotherapist offering individual and group therapy in newly equipped clinical rooms very close to Croydon town centre and easily accessible by public transport.

Sarah specialises in using a combination of movement and words to engage and work with people who need a different approach from more traditional psychotherapy. She also takes referrals for Group Analytic (verbal) psychotherapy.

Sarah has worked for the National Health Service, in the field of mental health, for over 20 years. She has been influential in leading the development of Movement Psychotherapy in this country and has been a key figure in establishing one of the strongest Arts Psychotherapies teams in Britain. She has experience of working with a wide range of adult patients referred from Psychotherapy, Psychology and Family Therapy Departments, Community Mental Health Teams and Primary Care. Sarah also teaches, supervises and provides personal therapy for Health Service staff and therapists-in-training, who need space to reflect and deal with their own issues.

Movement Psychotherapy

Movement Psychotherapy is useful in a) engaging those people who find it difficult to talk about their emotions as a result of functional or confidence problems in using language b) because verbal fluency is used to avoid or cover emotional distress or c) when talking about feelings seems too overwhelming. It is particularly helpful in working with the somatically experienced distress of abuse, trauma or loss and with people who lack self-esteem. It is often acceptable to those people who are avoidant of more 'medical' approaches and helps patients/clients for whom a severe and over-controlled upbringing has been a factor in the genesis of emotional difficulties.

Although Movement Psychotherapy can be successfully used as an adjunctive treatment, to help patients with personality problems, severe mental illness or addiction, this private practice venue is unfortunately only suitable for clients with no significant risk issues.

Referrers are encouraged to make contact by telephone if they have a person they wish to discuss or to find out more about this type of psychotherapeutic approach.

Patient/client Anxieties

It is not unusual for some people to show hesitation about the idea of movement in psychotherapy, as this approach is unfamiliar. Please reassure them that this is very common and that it is possible for them to find out more at an initial meeting before making a commitment. It may also help if they read an information sheet or visit my website www.movementpsychotherapist.com

Evidence Based Practice

Movement Psychotherapy is the youngest of the Arts Psychotherapies and, whilst there is much positive feedback on an informal basis, rigorous research is still in the early stages. However there is evidence from recent evaluation studies and audit that demonstrates the value of using Movement Psychotherapy to engage and work with patients in acute in-patient settings, including people from a diverse range of ethnic and cultural minorities.

Sarah Holden is currently involved in a research team taking forward a Random Control Trial in Body (Movement) Psychotherapy across two London Trusts - South West London & St Georges Mental Health NHS Trust and East London and City Mental Health NHS Trust.

She has also instigated the use of CORE (Clinical Outcomes in Routine Evaluation) in the Arts Psychotherapies Department, Springfield Hospital, for a period of several years. Results identified measurable increases in client self esteem.

SARAH HOLDEN Movement Psychotherapist

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