

STARTING TO TRAIN AS A
Dance Movement Psychotherapist,
Art Therapist, Play Therapist ?

choosing a therapist

Therapy is an important aspect of your personal development; supporting you throughout your training and often enabling you to make significant life changes

It is crucial to make a good choice

SARAH HOLDEN

Senior Registered Dance Movement Psychotherapist, Group Analyst and Fellow of ADMP has many years experience of working both privately and in the National Health Service. In particular Sarah has worked extensively with trainee therapists seeking weekly or twice weekly therapy.

Sarah practices from her purpose-designed studio in Croydon, South London

the studio has excellent public transport links:
12 mins walk from both East & West Croydon rail stations, numerous connections e.g. Victoria, London Bridge, Clapham Junction & Brighton also on tramlink between Wimbledon and Beckenham

TO FIND OUT MORE ring me on 07956 208276
e-mail to sarahholden@movementpsychotherapist.com
or visit my website www.movementpsychotherapist.com