



Dr Candice Leith

Counselling Psychologist

Supporting Every Mind,
Every Journey

WHAT IS PSYCHOTHERAPY FACT SHEET

Psychotherapy is a treatment method where a trained mental health professional helps an individual change unhealthy thoughts, emotions, and behaviors that are causing them distress.

Key features:

- Provides a confidential and safe environment for individuals to talk openly about their concerns.
- Focuses on addressing mental health issues like anxiety, depression, trauma, or relationship difficulties.
- Utilizes a variety of techniques tailored to the individual needs.
- Psychotherapy is not advice giving. Rather than providing direct advice, therapists guide individuals in discovering their own solutions and coping strategies.

Goal of Psychotherapy:

- Self-understanding: Helps individuals gain deeper insight into themselves and their behaviour.
- Coping mechanisms: Assists in developing healthier ways to manage stress, emotions, and challenges.
- Behavioural change: Aims to foster lasting positive changes in thoughts and actions to reduce distress.

Benefits of Psychotherapy:

- Improved emotional regulation and mental clarity.
- Enhanced self-esteem and personal growth.
- Greater ability to handle life's challenges and stresses.
- Relief from symptoms of mental health disorders.

Who Can Benefit?

Psychotherapy can benefit anyone facing mental health struggles, including those with anxiety, depression, grief, relationship concerns, or trauma.

Please note: if you are unwell, please reschedule your session with me. Therapy requires a lot of energy and focus, and you will not benefit fully if you are not feeling well.



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