

## What is Doctor Collier's approach to therapy?

I strive to provide a respectful, supportive, compassionate environment for my clients so they can feel safe to discuss the issues that are upsetting or bothering them. I use an integrative approach to therapy, using supportive, solution-focussed, insight-oriented and cognitive behavioural (CBT) approaches. Whether you are looking for shorter-term therapy aimed at addressing a particular issue in your life or longer-term therapy to address the underlying causes of your ongoing distress, my intensive training in various modes of therapy allows me to tailor my treatment to your particular needs. If I am not able to offer you treatment for your particular concern, I will not hesitate to provide you with a referral to alternative therapists who may be able to assist you.