

Psychological Therapy at Insights Psychology DMCC



INSIGHTS
— PSYCHOLOGY — DMCC

OUR SERVICES

For all ages 

 Range of therapy approaches

Online & face-to-face appointments 

 Flexible length of therapy

We are a diverse team of neuroaffirmative psychologists and counsellors offering support to individual children, young people, adults, couples, and families.

SOME OF THE WAYS WE CAN OFFER SUPPORT

- Individual, one to one sessions
- Play therapy with younger children
- Family sessions
- Parenting support
- Behavioural support at home or at school
- Parent and teacher training
- School consultations



We also periodically offer group therapy. If you are interested in this approach, please contact us to find out more.

SOME OF THE DIFFICULTIES THAT PEOPLE COME TO SEE US ABOUT INCLUDE

- Anxiety and worry
- Depression and low mood
- Anger
- Emotional regulation
- Concerns around behaviour
- Reluctance to attend school
- Self-Esteem
- Life transitions
- Stress management
- Trauma
- Family relationships
- Career concerns



TO BOOK AN APPOINTMENT OR TO LEARN MORE PLEASE GET IN TOUCH

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 <https://www.insightspsychology.com>



Are sessions confidential?

Yes, your sessions are confidential, and the things that you discuss with your therapist are not shared with anyone else without your consent. The only exception to this rule is if your therapist is concerned about your safety or the safety of others, in which case they may need to speak to someone else about their concerns.



Do you share information with my family?

Your therapist will not usually share information about you or your sessions with your family unless you say that this is ok. While we do encourage open communication within the family where appropriate, we would respect your wishes to keep things confidential. The only exception to this is if we are worried about your safety or the safety of others. If you are 18 years or older then we are not obliged to share information with your family, however your therapist will speak to you about your choices for who we can contact if we have concerns about your safety, or the safety of others.



Can I choose my therapist?

Yes, we would welcome your choice of therapist. We are also thoughtful about recommending a therapist that we believe to be a “good fit” depending on your age, and what you would like to work on in therapy. We are an honest and ethical team at Insights; if we are not best placed to offer you the support that you are looking for, we will let you know, and try to make suggestions for other clinics who may be able to support you.



What should I expect for the first session?

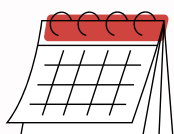
The first session of therapy is usually about the therapist getting to know you, and for you to ask any questions that you may have. Your therapist will be interested in what is currently going on for you as well as taking a brief history of your life. If the referred client is a child, your therapist will ask to meet with one or both parents for the first session without the child being present. By the end of your first session, you and your therapist may have a rough plan for therapy, which can be amended as you move through the therapeutic journey.

FREQUENTLY ASKED QUESTIONS



How long does a therapy session last?

Most sessions last for 50 minutes but your therapist may recommend longer or shorter sessions depending on the therapeutic modality being used and your needs.



How frequently will I have sessions?

The usual format of sessions tends to be weekly sessions of 50 minutes in length. Your therapist will discuss with you what frequency of sessions is recommended based on what you want to work on, and the evidence base for the type of therapy you will engage in. Towards the end of therapy, you may find that less frequent sessions are more fitting as a way of “tapering off” the therapeutic process. If your child is engaging in therapy, some therapists like to meet the child for a few sessions then have a parent session. This can be discussed in more detail with your therapist.



How long will it take to notice a change?

It really depends on so many factors and there is often great variability in the time taken to notice a change. Some people report change after the very first session, and for others it can take quite a bit longer. Your therapist can speak to you about what to expect as you embark on your therapeutic journey together. At Insights we believe in being transparent about the therapeutic process and we do our best to be as honest as we can be about the length of therapy and time taken to notice a change.



What if I want to change therapist?

If you would like to change therapist, we will do our best to accommodate your request.

FREQUENTLY ASKED QUESTIONS



How will I know if therapy is working?

It can often be difficult to see the big picture when we are distressed, or seeking support. Your therapist will most likely discuss an aim or some goals for therapy with you when you start working together. This can be formalised and monitored if you wish using a “goals for therapy” worksheet. Alternatively, you can have a less structured aim that you are working towards and check in on this as therapy progresses. Your therapist will do their best to support your aims for therapy, and if for some reason therapy is not progressing as expected, they will discuss this with you openly. We also welcome your feedback on your therapeutic process, especially if you would like to change some aspect of your therapy.



I have specific requests for how I would like to engage in therapy, who can I talk to?

Please let us know directly by contacting our reception team, or speak to Dr Dina Bedair, Director of Mental Health Services.



What if I have further questions?

Please contact us using any of the options outlined above.



How can I give you feedback?

We welcome your feedback via www.insightspsychology.com/feedback or by scanning the QR code below.

