

## biopic **catherine page**

I am an integrative psychotherapist and hold a Master's Degree in Psychotherapy and Counselling as well as an Advanced Diploma in Integrative Psychotherapy, both from Regent's College. I am UKCP registered and a member of the BACP, two of the UK's main associations for the promotion and monitoring of high standards and practice in psychotherapy.

My experience of working with clients includes a wide range of emotional difficulties including; depression, anxiety, lack of confidence, family and relationship problems as well as experiences of loss and bereavement. My main areas of research have been the origins of depression and depression during adolescence.

Integrative psychotherapy can be described as the process of making whole. It is a way of working which involves different approaches attuned to the needs of the individual with the aim of encouraging greater understanding and self-awareness. I believe that having a space to talk and express difficult thoughts and feelings can be a way of safely facilitating this process.

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