

INFORMATION FOR REFERRERS

Matching the presentation to the approach

Use this as a guide when you are deciding whether to refer. Most clients receive a blend, and the mix is reviewed as treatment progresses.

PRESENTING CONCERN	PRIMARY APPROACH	OFTEN COMBINED WITH
Complex or developmental trauma, childhood neglect or abuse	Schema Therapy	EMDR, IFS, somatic work
Single incident trauma, PTSD, accident or assault related distress	EMDR	Somatic work, CBT
Emotion dysregulation, self harm urges, crisis driven presentations, borderline features	DBT	Schema Therapy, somatic work
Longstanding relational patterns, repeated cycles in work and relationships, personality difficulties	Schema Therapy	IFS, DBT skills
Overcontrol, rigidity, perfectionism, emotional inhibition, treatment resistant depression, restrictive eating presentations	RO-DBT	Schema Therapy, somatic work
Generalised anxiety, panic, phobias, OCD, health anxiety	CBT	ACT, somatic work
Internal conflict, harsh self criticism, ambivalence, dissociative features	IFS	Schema Therapy, somatic work
Chronic pain, chronic illness, grief, adjustment, values and meaning	ACT	Somatic work, CBT
Anger, shutdown, hyperarousal, numbness, trauma held in the body	Somatic therapies	EMDR, DBT skills
Relationship distress, communication breakdown, couples work	Gottman Method	Schema Therapy, DBT skills
Children and adolescents: emotional regulation, frustration tolerance, anxiety, school refusal	DBT informed skills	CBT, somatic work, parent coaching