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[Psychotherapies - Royal College of Psychiatrists](#)

[What is Psychotherapy?](#)- accessible and user-friendly information from The Royal College of Psychiatrists on the different kinds of psychotherapy

[Psychotherapy - What is Therapy & How Can It Help?](#)

Psychotherapy -- also called talk therapy, therapy, or counseling -- is a process focused on helping you heal and learn more constructive ways to deal with the problems or issues within your life.

[Psychotherapy - Wikipedia](#)

Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior and overcome problems in desired ways.

[Types of talking therapies - NHS](#)

Find out about the types of talking (psychological) therapies available on the NHS, including cognitive behavioural therapy (CBT), guided self help, counselling, behavioural activation, interpersonal psychotherapy (ITP), eye movement desensitisation and reprocessing (EMDR).

[UKCP | UK Council for Psychotherapy](#)

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