

## **Psychotherapy with Olga Gelfman**

Where do you start with addressing your problems and how do you know how to choose the right therapist? The most important factor is the relationship with the therapist we choose. We have to feel safe and confident that we are in good hands and can share most private thoughts and feelings.

I am a psychoanalytical psychotherapist based in Surbiton, Surrey. I also work in Bowlby Center (Center for Attachment Based Psychoanalytical Psychotherapy) in London. I work with adults and adolescents who have experienced a wide array of personal and work-related difficulties. My approach is informed by attachment theory and research, relational psychoanalysis, the literature on trauma, affect regulation, reflective functioning and developmental neurobiology.

Fortunate to discover psychotherapy through the need to resolve some of my own personal dilemmas, I initially found it to be supportive, challenging and life changing. As I grew to know myself better I decided that I would like to develop in this field personally and professionally. I began my 4 years professional training as a psychotherapist in the Center for Attachment-Based Psychoanalytical Psychotherapy in 2001. Since then I have become a mother to 2 beautiful children and have developed a particular interest in child-parent relationships and childhood traumas.

People come to counselling and psychotherapy for many reasons - from being rocked by a significant life event, to a general sense of dissatisfaction and distress with life that they are struggling to make sense of. Working with me will give you an opportunity to gain more insight and awareness into yourself, your situation and the way you relate to others. I will help you to make your own decisions and to take more control over your life.

I continue to learn from life and the clients with whom I have worked.

## **Training, Qualifications & Experience**

- BA from Moscow University, Russia
- Graduated member of the Center for Attachment based Psychoanalytical Psychotherapy.
- Before training as a therapist, my background included teaching in Primary schools and teaching Russian language to adults.
- UKCP registered

## **Main Areas of counselling**

- Abuse
- Addiction(s)
- Anger Management
- Anxiety
- Bereavement

- Bullying
- Career Counselling
- Child Related Issues
- Debt Management
- Depression
- Eating Disorders
- Low Self-Confidence
- Low Self-Esteem
- Obsessive Compulsive Disorder (OCD)
- Personality Disorders
- Phobias
- Post-Traumatic Stress Disorder (PTSD)
- Postnatal Depression
- Relationship Issues
- Sexuality
- Stress
- Termination/Abortion/Miscarriage
- Trauma
- Work Related Issues

### **Other areas of counselling:**

Parent-child conflict

Child development issues

Rape

Dissociation

### **Therapies Offered**

- Psychoanalytical and Psychodynamic
- Psychoanalysis
- Psychoanalytic Therapy

### **Fees**

I operate a sliding scale of between £40 and £60. The fee depends on the financial situation of the client.

**Contact Details:** [olgagelfman@hotmail.com](mailto:olgagelfman@hotmail.com)

07799 418592