

# This is a brief summary of my basic approach and philosophy.

The first thing you should know is that in my work as a psychotherapist I try to engage the person or people who engage my services, no matter what the issues they bring with them to therapy, in an **open, serious and reflective conversation** about themselves and ourselves.

I believe that healthy relationships are grounded in open, sensitive and self-reflective communication. People usually find that talking as openly as they can about themselves with a trained and **experienced listener** who works hard at not making fast and easy judgments, can feel liberating and ultimately therapeutic. Sometimes this openness may be happening for the first time. I think we can too easily become trapped in a sense of there being too many things in our lives we cannot talk about. Therapy can help alter this feeling.

I believe that too much isolation can lead to mental health difficulties. Living in a **foreign culture** and language can be a particularly isolating experience. Therapy (group in particular) can help greatly reduce the sense that I'm alone with my struggles. We learn that it really and truly helps to involve others.

I have no fixed idea of how long therapy should take. Clients of mine are often surprised to learn that small changes can make a significant difference. With this in mind, I offer **time-limited solution-focused** individual therapy. I usually always suggest that we start with a small number of sessions.

I believe that people are social through and through. In practice this means that I will try and help people situate themselves in both the world in which they currently live as well as the world in which they grew up. You learn from this that you are not alone with what you are experiencing and that what you are experiencing has roots in a wider world. **Group therapy** is particularly helpful in this regard.

For clients who live too far away from central Barcelona or who for whatever reason are unable to get to my office (e.g., I have

no access for disabled clients) I offer **online therapy**, usually through Skype video-calling facilities.

Regarding my fees, I am prepared to **negotiate the cost** within a range I believe to be reasonable and fair. I also offer group therapy which manages the trick of being both highly effective and low-cost.

I have a long history of working with clients from many different cultures and nationalities. I work hard at **avoiding stereotyping** and limiting people on the basis of their gender, sexuality, race and religion.

My practice is grounded in offering complete **confidentiality**. This means I will guard your identity in any professional discussion. I would never contact other professionals about you without first receiving your prior permission. My office is secure, private and comfortable. Plus, I will usually see you at the time we agree.

Finally, although, I specialize in psychodynamic and group analytic approaches to psychotherapy, I would say that my approach is essentially eclectic, pragmatic and flexible, grounded in a broad base of theory and practice.

I strongly recommend you visit my CV and membership pages to find out more about my current and past work. I maintain a high level of **continuing professional development** and pay close attention to new developments in the big and complex world of psychotherapy.

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