



## Matthew Wyatt

Matthew has a particular interest in the body, originally trained as a Movement Psychotherapist, working in school and mental health settings with children and adults with learning and physical disabilities.

On moving to Bristol, he worked in education, working with children who were at risk of permanent exclusion or who were struggling to learn. He worked with them and their families, and the professionals involved, supporting them to understand and make sense of difficult relationships, emotions and thoughts.

Matthew also trained as a Psychodynamic Psychotherapist at the Severnside Institute for Psychotherapy in Bristol. Since qualifying he has established a private practice and has worked for two charities who provide counselling and psychotherapy. The focus has been people who self-harm, have suicidal thoughts, and those affected by life threatening illness, whether they have been bereaved, are carers or have the illness themselves.

He has continued his interest in the body, with a particular focus on pain, where the same pain can be linked to both the physical body and the mind.

He is committed to maintaining a high standard of reflective practice and professional development through on-going supervision and training. Matthew is a member of the Severnside Institute's Continual Professional Development Committee, organising lectures for the institute, and is committed to maintaining the high professional standards required by the British Psychoanalytic Council.

## Matthew Wyatt

Psychodynamic Psychotherapist

Registered member of  
The British Psychoanalytic Council  
and  
The Severnside Institute for Psychotherapy



**Initial Assessment** (50 minutes) **£50**

**Joint Assessment with  
Physiotherapist** (60 minutes) **£70**

**Sessions** (50 minutes) **£50**

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# Body Aware Pilates

STUDIO & CLINIC



## Psychotherapy

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155 High Street, Ilfracombe

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## Psychodynamic Psychotherapy

As with physical health, our mental health has its highs and lows, accidents and injuries, whether it is a life event such as a bereavement or relationship difficulty; or something more ongoing, like depression, anxiety or pain. We may feel a sense of unease, discontentment, not at home in our bodies or lives, or a fear that we may fall apart or never be free of pain. Often we can find help from our partners, family or friends, but sometimes we need further outside help.

Psychotherapy is known as a 'talking cure', in that it uses the conversation and the relationship between the individual and the therapist to bring to the surface and put into words thoughts and feelings that are difficult to think and talk about. The following exchange between a child and a therapist illustrates this.

*When seven-year-old Jill was brought to the Mulberry Bush School, she drew two squiggles. What are they, Mrs Dockar-Drysdale wondered.*

*Jill: A pair of socks they are...baby's socks...one was lost.*

*Mrs Dockar-Drysdale: I am so very sorry – how cold the baby's foot must have been.*

*Jill: Yes, they took her into a room with an electric fire and a television, but it wasn't any good.*

*Mrs Dockar-Drysdale: She needed the last sock?*

*Jill: It has never been found...will she ever find it?*

*Mrs Dockar-Drysdale: I am afraid not. I wish it could be so.*

*Jill: Is there anything that could be done?*

*Mrs Dockar-Drysdale: Well, there is one thing which occurs to me. Could you perhaps learn to knit, and then you could knit another sock for the baby – but this would be very difficult, and you would have to find a pattern and the right wool, and someone to help you do it. There would be dropped stitches, and you might even lose the knitting and have to start once more.*

*Jill: I would like to come to you, and to learn to knit.*

*Barbara Dockar-Drysdale  
The Provision of Primary Experience*

Often we have a feeling that we do not quite hold together in ourselves, that something is missing or not quite joined up, or we don't understand our pain. This can be from early experience, as with Jill, or a life event can disturb us. Something needs to be repaired or joined back up. First, we need to recognise it, as the therapist did for Jill, and then we can think about what can be done to repair it. This process can take some time, and may not be easy, but it can be done with help.

## What to Expect

We will begin with an initial meeting to talk about what brings you to the clinic and for you to begin to talk about yourself, thinking about your relationships, your childhood and how you see yourself.

The weekly sessions last for 50 minutes and they can be on-going or we can agree on a block of sessions. This allows a sense of trust and safety to develop so that you can work at your own pace to speak about what is going on for you. All of your thoughts, feelings, memories and dreams are important and, together, we will think about them and knit a sense of yourself that holds together for you.

## Holistic Therapy & Interprofessional Collaboration

In this therapy we consider your pain from a larger, holistic perspective. Dysfunction and pain can often be linked to experiences earlier in life, to experiences that might at first glance seem unrelated, as well as to beliefs about and meanings we assign to pain. To get to the root of your issue, we thus offer a unique approach of working together with a physiotherapist, based on a specific model of understanding health, function and meaning designed to look at everything from the centre outwards; from the different systems in your body, and your thoughts, feelings, memories, and to the wider relationship, social, cultural and environmental systems that you are a part of.

