

Resource Summary Report

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Solve Therapies

RRID:SCR_005590

Type: Tool

Proper Citation

Solve Therapies (RRID:SCR_005590)

Resource Information

URL: <http://www.solvetherapies.co.uk>

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Description: Our hope and aims are to empower those affected by common life difficulties such as Anxiety, Depression, low Self-Esteem etc to overcome their obstacles and achieve their full and true potential. Our core approach is client-centred and we aim to convey to each client the "core conditions" of empathy, congruence and unconditional positive regard. Using Compassion focused Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT) among other approaches we gear all therapy treatments towards clients unique needs and goals. Passionate about research in all therapeutic and associated fields, we want to continue to keep our fingers on the pulse of developments in this area of work. We at Solve Therapies strive to empower all of our clients to choose helpful, rational thoughts and actions and to do so with less shame and self-criticism through the use of Cognitive Behavioural Therapy and Compassion-focused techniques. We offer a confidential, professional therapeutic service using Cognitive Behavioural Therapy and other forms of counseling/psychotherapy. All therapists are accredited and regulated by the British Association of Counselling & Psychotherapy (BACP) and/or British Association of Behavioural and Cognitive Psychotherapy (BABCP), the professional bodies who regulate, inform and ensure ethical practice. We also provide useful information on common difficulties and on how you can learn how to become your own therapist and manage your difficulties in the long term, with counselling venues throughout Northern Ireland including Belfast, Portrush, Antrim and Portglenone in order to provide flexibility for client appointments. "S"olution-focused "O"ptions "L"ife-change "V"alidation "E"mpathy

Abbreviations: Solve Therapies

Synonyms: Solve Therapies CBT In Northern Ireland, Cognitive Behavioral Therapy in Northern Ireland - Solve Therapies, Solve Therapies Cognitive Behavioral Therapy In Northern Ireland

Resource Type: data or information resource, portal, service resource, topical portal

Keywords: cognitive behavioral therapy, counseling, psychotherapy, acceptance and commitment therapy, depression, obsessive-compulsive disorder, post-traumatic stress disorder, panic attack, phobia, grief, panic disorder, depressive disorder, social phobia, anger management, low self-esteem, hypochondriasis, therapy, psychological therapy

Resource Name: Solve Therapies

Resource ID: SCR_005590

Alternate IDs: nlx_146216

Record Creation Time: 20220129T080231+0000

Record Last Update: 20260912T195628+0000

Ratings and Alerts

No rating or validation information has been found for Solve Therapies.

No alerts have been found for Solve Therapies.

Data and Source Information

Source: [SciCrunch Registry](#)

Usage and Citation Metrics

We have not found any literature mentions for this resource.