

Email bonita@future-edgetherapy.co.uk
Call 07970011235
Visit <https://www.future-edgetherapy.co.uk>



Our mission

Future-edge Therapy is a specialist online provider of mental health, psychotherapy and change work services. Our mission is to bring dynamic and effective mental health provision to companies who need purpose-built specialist programmes for employees needing PTSD, trauma or anxiety and stress recovery work. Through our purpose-build Integrated Trauma System, we provide care that is readily accessible and fits the needs of the client for an exceptionally caring experience.

Our therapists

Our therapists are highly trained in their specialised areas, have extensive experience and are completely driven to provide high quality, individual and dynamic care to clients who deserve the very best.

Future-edge Therapy and associates are the country's leading trauma recovery therapists specialising in treating PTSD, flashbacks, grief, anxiety, stress and confidence. We use the 'Integrated Trauma System' or ITS design by Director, Bonita Ackerman du Preez who has extensive trauma recovery therapy experience. Using her teaching background, Bonita realised there was more to the symptoms displayed by her clients and that traditional talk therapies such as CBT and counselling were not effective when dealing with PTSD or cPTSD.

Trauma recovery is a complicated process and not one therapy on its own will help to effectively rid clients of their symptoms, feelings and emotions. An integrated process working directly with the trauma centres in the mind is what creates the change needed to facilitate breakthrough and a quick recovery.

When working with clients who have experienced trauma, anxiety or stress it is important to understand that treatment and therapies must work with the brain's fear centres namely the prefrontal cortex, the hippocampus and amygdala. These are situated within the subcortex region or the 'reptilian brain' which can only be accessed by using psychodynamic therapies or a combination of modalities.

When working with clients we offer a combination of powerful techniques and tailor make a treatment plan suited to the needs of the client. Trauma recovery is not a one size fits all approach. All clients are screened, and a detailed timeline of their past is taken to piece together the best starting point. The therapist will also learn to understand where the client is now and what they strive for in the future. This incorporates a coaching approach to our psychotherapy system. Once this has been established, we create a care plan immediately targeting the subcortex region of the brain to make change happen.

All our associate therapists are highly qualified, understand the fundamentals of trauma recovery therapy and have extensive experience in trauma and PTSD treatment. Supervisory sessions are mandatory and case studies from each therapist are taken twice yearly for continuous professional development. All therapists attend 'ITS' training twice a year for consistency in approach and maintaining the professional standards expected from our corporate clients.