



## **Areas of practice**

### **Low mood**

A persistent feeling of sadness or lack of motivation that affects daily life.

### **Anhedonia**

The inability to feel pleasure or enjoyment in activities once found rewarding.

### **Dysthymia**

A long-term, low-grade form of depression that lasts for years.

### **Depression**

A common mental health condition causing persistent sadness, hopelessness, and loss of interest.

### **Anxiety**

Excessive worry or fear that can interfere with daily activities and well-being.

### **Adjustment disorder**

Emotional or behavioural difficulties in response to significant life changes or stressors.

### **Post-traumatic stress disorder**

A condition triggered by trauma, causing flashbacks, anxiety, and emotional distress.

### **Grief and loss**

Emotional suffering following the death of a loved one or other significant loss.

### **Issues with assertiveness and self-esteem**

Difficulty expressing needs confidently or maintaining a positive self-view.

### **Stress**

A feeling of being overwhelmed or unable to cope with life's demands.

### **Anger**

An intense emotional response to perceived threats, frustration, or injustice.

### **Relationship breakdowns**

Emotional distress resulting from the end of a significant personal connection.

### **Emotional dysregulation**

Difficulty managing emotions, leading to intense and unpredictable reactions.

### **Insomnia**

Persistent trouble falling or staying asleep, impacting daily functioning.

### **Addictions**

Dependence on substances that interfere with life and well-being.



### **Mood disorders**

Conditions affecting emotional state, such as bipolar disorder or major depression.

### **Obsessive-compulsive disorder (OCD)**

A condition characterised by intrusive thoughts (obsessions) and repetitive behaviours (compulsions) performed to ease anxiety.

### **Panic disorder**

A type of anxiety disorder involving sudden and intense episodes of fear, often with physical symptoms like a racing heart.

### **Social anxiety disorder**

Extreme fear of social situations, leading to avoidance and distress.

### **Generalized anxiety disorder (GAD)**

Persistent and excessive worry about various aspects of life, often without a clear cause.

### **Bipolar disorder**

A mood disorder causing extreme shifts between depressive and manic (high-energy) states.

### **Eating disorders (e.g., anorexia, bulimia, binge-eating disorder)**

Conditions involving unhealthy relationships with food, body image, and weight control.

### **Attention deficit hyperactivity disorder (ADHD)**

A neurodevelopmental condition marked by difficulties with focus, impulsivity, and hyperactivity.

### **Body image**

A person's perception, feelings, and attitudes towards their physical appearance, which can be positive or distorted, affecting self-esteem and mental health.

### **Body dysmorphia (Body Dysmorphic Disorder)**

A mental health condition where individuals obsess over perceived flaws or defects in their appearance, often leading to distress and compulsive behaviours like checking mirrors or seeking unnecessary cosmetic procedures.