

UNDERSTANDING Experiential Therapy

WHEN THERAPY INVOLVES MORE THAN TALKING

Therapy can involve both talking and experiential work. Each offers something unique, and together they can help you create meaningful and lasting change.

TALK THERAPY

MAKING SENSE OF YOUR EXPERIENCE

Talk therapy involves open conversation, reflection, and exploration. It helps you understand your thoughts, feelings, behaviours, and patterns, and make sense of your experiences.



EXPLORE YOUR STORY

Talk through your experiences, challenges, and what feels important to you.



BUILD INSIGHT

Notice patterns and gain a deeper understanding of yourself.



FIND NEW PERSPECTIVES

Consider new ways of thinking and relating to yourself and others.

EXPERIENTIAL THERAPY

WORKING WITH WHAT YOU EXPERIENCE

Experiential therapy goes beyond talking. It involves working with emotions, body sensations, imagery, and what is happening in the moment. It helps you access and process experiences more deeply, so change can happen on an emotional and physical level.



CONNECT WITH EMOTIONS

Access and work with emotions in a safe, supported way.



TUNE INTO YOUR BODY

Notice body sensations and what is happening for you in the present moment.



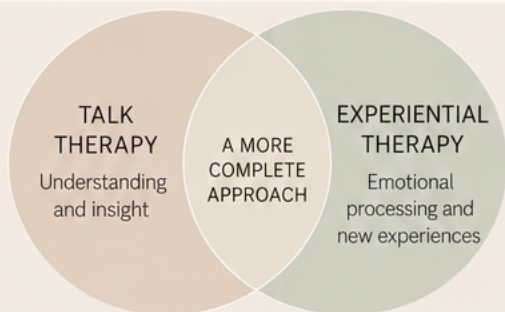
CREATE NEW EXPERIENCES

Try new ways of relating to yourself and others, and build new emotional experiences.

WHY USE BOTH?

UNDERSTANDING AND CHANGE GO HAND IN HAND

Sometimes we can understand why we feel or respond a certain way and still find ourselves stuck in the same patterns. Talk therapy helps us make sense of our experiences, while experiential work helps us work with those patterns as they show up emotionally and physically. Together, they can support deeper insight, healing, and lasting change.



WHAT MIGHT THIS LOOK LIKE?

EXAMPLES OF EXPERIENTIAL APPROACHES



Emotion-focused exercises (EFIT / EFT)



Parts work (IFS-informed)



Guided imagery



Body awareness and nervous system practices



Empty chair work



Mindfulness-based practices



EMDR or OEI (when appropriate)

YOU REMAIN IN CONTROL

A SAFE AND COLLABORATIVE PROCESS



Nothing is forced.

You can choose what feels comfortable for you.



We go at your pace.

You can pause, ask questions, or let me know if something doesn't feel right.



It's tailored to you.

Some sessions may involve mostly conversation, while others may include more experiential work, depending on your needs and goals.