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Dr Mark Widdowson, Teaching and Supervising Transactional Analyst, UKCP
Registered Psychotherapist - '*Strengthening the working alliance and reducing therapy drop out: learning from research.*'

Therapy involves establishing a therapeutic relationship between the client and the therapist which differs in nature and structure to any other relationship. The bulk of the work of therapy is conversational in nature, and yet the conversation and relationship differ from the normal patterns of relationships and conversations that you might have in your day-to-day life. As such, psychotherapy can seem rather strange at the outset, and it is helpful to have some idea about how it works, what you can expect and how you can get the most benefit out of it.

Click below to view video which may help clients in the process of therapy.

[Getting the most out of therapy](#)

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