

Therapy

WITH

Ify Alexis Lee

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Ify Alexis Lee

BEng (Hons), Cert, PgDip, MACC MBACP

Integrative Psychotherapist

Armed with a gift for connection and a heart for relationships, Ify Alexis Lee helps clients understand their context in the world around them. Her professional experiences in engineering, mentoring, teaching and organisational leadership have equipped Ify with a unique ability to help discover opportunities for growth within the challenges faced by clients.

Drawing on a range of therapeutic approaches including narrative, systemic, eye movement desensitisation and reprocessing (EMDR), cognitive-behavioural and solution-focused theory, Ify compassionately accompanies clients toward clarity, agency and hope through the therapeutic relationship



Expertise



With over 14 years of ministry experience and over 7 years of therapeutic experience, Ify Alexis Lee is a highly sought-after force in the Christian Psychotherapy domain.

Whilst she sees clients dealing with a broad range of issues, she specialises in:

- Affective disorders (i.e. anxiety, depression)
- Abuse (sexual, emotional, physical, spiritual and more)
- Religious deconstruction
- Codependency (relationship addiction)
- Low self-esteem and insecurities
- Family trauma
- Broken relationships
- Loss and grief
- and more.

She provides 1:1 and couples therapy **online**, and 4-hour intensives which take place **in-person**.

Whilst Ify works from both a Christian and humanistic perspective, she meets her clients where they are faith-wise.

Ify is marked by her curiosity, compassion and competence. And creates a safe space for her clients to open up comfortably.

Testimonials

Working with Ify has been a delight. She is knowledgeable, gentle and great at what she does. It took me a long time to commit to therapy because I couldn't find the right person, now nearly 5 months in and I made the best decision. The healing journey hasn't been easy, but it's been amazing because Ify is a fantastic, thoughtful and kind therapist who genuinely cares to help you through your journey.

SU

Ify's dedication to her clients is evident in the thoughtful and personalised care she provides. Each session feels like a step closer to becoming the best version of myself, and I am continually impressed by her depth of knowledge and empathy.

It has been a transformative journey, and I cannot recommend her services highly enough.

BA

I'm more than grateful for all the time you've accommodated me and walked with me on my path toward healing. You've really helped me more than words can express. It was a time where I didn't have anyone in my personal life to lean on but thanks to you, and the tools you've provided, I'm now developing that support system and learning the importance of engaging with others in the difficult areas of life.

YP

Working with Ify has been an amazing experience. Through our sessions, I have found profound ways to address deep-rooted trauma and shift thinking patterns that did not promote the woman I wanted to become. Ify's approach is both insightful and compassionate, allowing for a safe space where healing can truly begin.

What sets Ify apart is her unique ability to blend the principles of psychotherapy with Christian perspectives.

BA

Testimonials

You are such an amazing therapist! I can't believe I've found you. One thing I love about our sessions is the homework you assign—from books, sermons, and exercises. This has been incredibly beneficial, helping me unlearn a lot and experience growth both emotionally and spiritually. You make me feel safe, and I always look forward to our next session. Thank you for your transparency and for allowing me to express myself. You are the best therapist ever!

TP

I had the privilege of working with Ify Alexis, and I cannot recommend her enough. She exhibited an extraordinary level of patience and understanding throughout our sessions. Ify's empathetic approach made it easy to open up and discuss even the most difficult topics. Her ability to listen without judgment and provide thoughtful insights truly set her apart. If you're looking for a therapist who is both compassionate and attentive, Ify Alexis is an excellent choice.

CK

Therapy with Ify has completely changed my outlook on the concept of therapy entirely. Never did I think opening up to someone I've never met would be so freeing. Ify has truly allowed me to understand that therapy will look different for so many people and in fact, it doesn't take for you to be going through a crisis to recognise you need to speak to someone. Each session, Ify brought such positive energy and often left me with prompts to really dive deeper into my feelings and emotions - those emotions I didn't feel the need to address in previous seasons but shortly after her guidance realised it was a necessity to do so. Not only is Ify incredibly patient, but really takes time out to connect with not just yourself but your situation. Many therapists can give good advice, but not many can give good advice and be sensitive to the matters of one's heart. Thank you for positioning me to realise how important it is to love myself. I feel privileged to have had such an experience which I can without a doubt say this has impacted me in the greatest way possible. Thank you!

SI

Rates

Sessions are charged on a sliding scale according to your **annual gross income** to make for an equitable service.

up to £50K

Sessional Fee: £100

£50K - 100K

Sessional Fee: £130

£100K - 150K

Sessional Fee: £180

£150K +

Sessional Fee: £200

4 HOUR INTENSIVE - IN-PERSON £1295

Couples Therapy is charged based on the sum of both parties' income and according to the table above.

FAQs

What is integrative psychotherapy?

'Integrative counselling draws on techniques from different types of therapy to tailor an approach specifically for you. An integrative counsellor believes there isn't just one therapeutic approach that can help a client in all situations. Instead, they take into account you as an individual and your circumstances and use elements of different approaches to help you explore and cope with your problems.' (BACP 2023)

How long is each session?

A therapy session is 50 mins long. Sessions occur weekly or fortnightly.

Are all sessions online?

Yes. Only intensives take place in person

Is Ify a part of any counselling bodies?

Ify is an Individual Member of both the BACP (British Association of Counsellors and Psychotherapists) and the ACC (Association of Christian Counsellors and Psychotherapists)

Does Ify take on International clients?

Due to the limitations of Insurance, Ify does not see clients outside the UK. However, Ify does offer Therapeutic coaching in the form of a Hope Hour.

What if I can't afford therapy with Ify?

Ify provides a range of psycho-spiritual education through online courses, YouTube videos, podcasts and more. There are many resources you can invest in.

I'm interested! What are the next steps?

Please complete the form on ifyalexis.com/therapy and a member of the team will be in touch

