

Therapy  
WITH  
Ify Alexis Lee

THErapy@IFYALEXIS.COM

# 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 12 years of ministry experience and over 4 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 therapy online, and in-person 4-hour intensives.

*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.

# Rates

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

up to £50K

Sessional Fee: £80

£50K - 100K

Sessional Fee: £100

£100K - 150K

Sessional Fee: £150

£150K - 250K

Sessional Fee: £200

£250K +

Sessional Fee: £300

4 HOUR INTENSIVE - IN-PERSON £1150

# FAQs

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## 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.

## 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](https://ifyalexis.com/therapy) and a member of the team will be in touch

