



ISSUE 2 - COMPLIMENTARY EDITION



THERAPY HARLEY STREET
Psychotherapy, Counselling & Well-being

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OUR CLINIC

Bringing Together Professional Excellence and Authentic Human Care.

Therapy Harley Street was founded by Bárbara Godoy and John Clutterbuck - husband and wife – less than a decade ago and is now home to 30 unique practitioners, who in many cases are leader-specialists in their fields.

The **Psychological Services** team includes PhD's, MD's, Psychiatrists, Clinical Psychologists, CBT and EMDR

Trauma and Eating Disorders specialists, Existential Analysts, Hypnotherapists and Psychotherapists of diverse orientations such as Psychodynamic, Integrative, Transpersonal, Psychosexual and Relational, Mindfulness Meditation, Art and Yoga.

Our aim is to support our patients'/clients' personal accomplishments in a wholesome way by promoting health and fitness of the mind and body. To this end, whenever appropriate, we design integrated programmes for individuals who are attended by a small team of specialists in order to tailor therapeutic interventions able to reach to all corners of the person.

The **Wellbeing** team includes Personal Trainers, Acupuncturists, Sport Massage and Craneo-sacral Therapists, Dietitians, Nutritionist and Bio-magnetic Practitioner among others.

The **Personal Development Programme** which "walks the walk" of Self-Enquiry is conducted by Executive and Life Coaches and Group Leaders covering a range of work that extends from Support in the Corporate Sector to Women's Groups.

For Practitioners, the **Professional Development Programme** brings together an outstanding staff body that includes renowned professors, prominent writers and groundbreaking authorities of the fields of therapy and wellbeing.

For further enquiries contact: info@therapyharleystreet.co.uk

WELCOME TO OUR SECOND EDITION

I am delighted to welcome you to our second edition of *THS Magazine!*

Life moves in cycles and this new edition of our magazine most certainly crystalises a new developmental cycle of our clinic.

Relationships set up cycles and these seasons shape our lives. Think about it: each of us emerged as a human being only through a series of intimate relationships with others around us. In a way, we all borrow from each other, starting with language, following with gestures and then a billion of minute nuances through which we are co-creating one another all throughout the lifecycles.

Maybe that is why **therapy works**. We need to feel connected. Even more, we need these connections to reach us, to touch us in a way that we appear more clearly to our own understanding of who we might be in particular and to life in general.

To be a therapist for me is the process of learning how to be by a client's side at every step of a journey of self-enquiry and remain open to the individual human being as a unique expression of life that deserves a very attentive kind of listening in order to be understood in their own context.

Life challenges are common to all human beings BUT the unique way each of us responds to them is what makes an individual find their own answers and blossom.

With awareness and self-understanding, we can derive great benefit from everyday living, especially in difficult circumstances. This does not mean to deny the reality of our struggles but instead to learn how to embrace life fully and deal with the obstacles in a responsible and creative way.

In the following pages of this wonderful edition you will find insightful thoughts about many lifecycles: death - and in between, loss and bereavement, relationships, divorce, the way we eat, how we see ourselves, menopause, dealing with pain, sensuality and sexuality and embracing life.

Bárbara Godoy

Director of Therapy Harley Street

M.A., Adv.Dip.Exi.Psy, UKCP,
MBACP and SEA –
Existential Psychotherapist &
Clinical Supervisor





LIFE and DEATH
-and in between-

*"The trouble is,
you think you have time" Jack Kornfield*

LIFE & DEATH - AND IN BETWEEN

Sometimes in life, we encounter situations which can shake us to the core and disrupt our usual sense of continuity and self. When a person we care about falls severely ill or sudden death enters our life, we can become deeply affected and distressed and find ourselves pondering our own mortality. We can also find ourselves suddenly confronted with an unexpected diagnosis or significant social life change which disrupts our future plans and forces us to reconsider how we live our life or how we can come to terms with missed opportunities and regrets.

Existential Therapy is a modality which focuses on such situations in life like coming to terms with mortality, understanding death anxiety or making meaning of grieving after a significant loss. Rather than formulating an individual reaction to such existential givens of life in a psychopathological way, Existential Therapy draws from philosophy and offers a way of re-establishing a shared understanding of the meaning and the narrative of such disrupting events. Often, it is helpful to mutually identify which forms of symbolic immortality a client draws from the most in their meaning-making process: a biological mode (by means of children, family and friends), a religious mode (by means of having a strong belief in an afterlife), a creative mode (by means of creating lasting reminders of one's existence through art), a nature mode (by means of immersing oneself in a strong sense of universal connection) or an experiential-transcendental mode (by means of seeking inner peace through practices aimed at loss of self).

The aim of this approach is to refrain from judgement about the quality of the subjective experience of suffering and support a shared formulation of the description and meaning of this suffering for a particular client in their particular worldview and life story. The original disrupting experience thereby remains a part of a client's life, but it can be integrated into a new understanding of their future, more resilient self.



Dr Christian Schulz-Quach
MD MSc MA MRCPsych FHEA
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Consultant Neuropsychiatrist &
Psychotherapist

IMPACT OF TRAUMA

The impact of trauma can be long and profound. Experiencing trauma, especially in childhood, can actually change a person's brain structure, contributing to long-term physical and behavioural health problems.

The initial physical reaction, often referred to as a 'fight or flight' response that floods the body with adrenaline causing racing heart rate, increased blood pressure and increased sweating will wear off after a short time and then give way to sadness, anger and/or guilt over the next few days.

Children and adults often develop coping mechanisms to alleviate the pain of trauma, some of which are classified as "health risk behaviours." These can include eating unhealthy food or overeating, using tobacco, abusing substances or engaging in risky sexual activities. When childhood traumatic stress goes untreated, these coping mechanisms can contribute to anxiety, social isolation and chronic diseases like hypertension, diabetes, or substance use disorders. Often, "non-compliant" behaviours, such as taking medication erratically or not attending appointments, can also be linked back to patients' history of trauma.

Treatment of trauma is effective, life-changing and sometimes lifesaving. Finding a therapist you trust is important as you will need to believe they have your best interests at heart. A strong therapeutic alliance doesn't simply mean that you like your therapist, although that can be an important component. In a positive therapeutic relationship, you share a connection with your therapist that helps you feel understood, validated and supported. While reluctance to open up about trauma is a natural instinct for many, talking about your experiences is an essential part of the healing process and the only way to meaningfully participate in treatment.



Dr Mimi Goess-Saurau
Clinical Psychologist PhD

BS, MS, PhD,
HCPC registered



COMMUNICATION IN RELATIONSHIPS

Do you listen with the intent to understand or listen with the intent to reply?

Sometimes you can feel stuck in a negative repetitive pattern of relating with your partner or spouse for a number of reasons which you may or may not be able to articulate. People can find experiences or topics difficult to talk about and it is often the things that cannot be talked about that hurt the most.

Conflict arises between couples because of the way in which they are communicating with one another. When you are more aware of how you communicate, you will be able to have more control over what happens between you. While it may not be easy at first, opening up new areas of communication can lead to a more fulfilling relationship.

Open, honest and respectful communication is an essential part of any healthy relationship and can make it easier to deal with conflict. Improving communication in a relationship can also reduce tension, improve intimacy and help to build stronger relationships.

To improve the way you communicate, start by asking questions such as:

- What things cause conflict between you and your partner? Are they because you are not listening to each other?
- What things don't you talk about and what stops you talking about them?
- How would you like your communication with your partner to be different?

Couples therapy can help to facilitate better communication between you and your partner/spouse.



Vanessa Aggrey
Psychotherapist
MSc Psych, CTA
BSc Psychology

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MBACP registered

SHIFT YOUR DIVORCE MINDSET - SURVIVING TO THRIVING

'I am not what happened to me, I am what I choose to become.' Carl Jung

Divorce is not only an ending; it can be the beginning of a new, authentic and fulfilling life. Making the shift from a person who was part of being a couple to a person who is single is not without challenges. Friends will treat you differently, family will treat you differently and society will view you differently. Divorce alters your identity.

Divorce is a major transition, an emotional toll, even when ending your marriage is a good thing. Life-altering events can create a disconnect, a state of hyper-vigilance and numbness. Surviving divorce is a feat in itself. A surviving mindset takes enormous energy. In time, it depletes you, leaving you feeling empty and exhausted, barely recognisable to yourself. Some people succumb to life's challenges by numbing themselves with alcohol, drugs, food. Some people seek pleasure wherever they can find it, running from the pain in search of something better. Some people hold onto anger and resentment, unable to forgive.

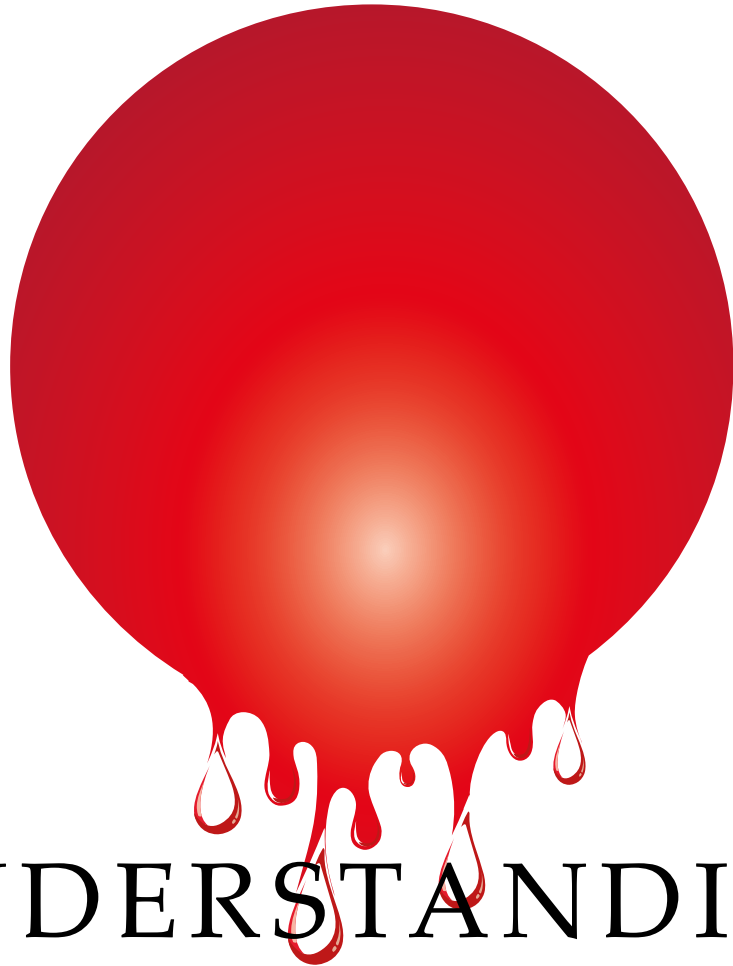
Have courage and Shift your Divorce Mindset from Surviving to Thriving. Engage with therapeutic coaching and heal your past. Take the time to grieve for the hopes and dreams that were part of your marriage. Take the time to process the trauma and loss. Take the time to learn who you are without a partner. Let go of the need for another person to validate you. Be your own source of love, security and approval. Learn to connect with your inner power and become your best self.

Not all wounds are visible. Speaking and living your truth may involve risking, among other things, the possibility of rejection. An integrative, intuitive, compassionate approach will help you understand and manage the symptoms and feelings you are experiencing *whilst encouraging personal growth.*

Ann-Marie Cunningham
Integrative Therapist, Executive Coach
& Clinical Supervisor
EMDR Trauma Therapist

Thriving divorced mum of four!





UNDERSTANDING PAIN

*“Turn your wounds into wisdom”
Oprah Winfrey*



UNDERSTANDING PAIN & DISEASE

It is a fact of life that we will all experience pain and disease at some point, yet our reaction is to seek the swift eradication of any ill-health and suffering. Such a response is, of course, justified: good health is, and should be, the norm of human life. But could pain and disease be more than a deviation from good health, offering us the chance to make changes that can lead to a happier and more fulfilling life?

According to classical Chinese Medicine, pain and disease are seen as an invitation to 'change' and are often the result of deeper emotional issues. Excessive or repeated negative emotions are believed to damage the function of specific organs, as well as the transformative energetic flow of life known as 'Qi'. Even small, emotional upheavals can build up and weaken our health. For example, everyday occurrences - such as frustrations and stresses; obsessive thoughts and worries that seem to creep up on us day after day, long-held regrets, or a tendency to become easily and repeatedly highly excited - can, according to Chinese Medicine, affect vital organs, including the liver, pancreas, kidneys, heart and lungs, and also stagnate, knot, sink, freeze or scatter our 'Qi'. Typical manifestations of such imbalances result in wide-ranging symptoms and conditions, both physical and mental - for instance, headaches, cramps, low back pain, digestive issues, allergies, auto-immune disorders, anger, addiction, depression and anxiety.

In the Five Element tradition of acupuncture, every individual is said to have an affinity to specific organs that can be weakened for different reasons - hereditary, lifestyle, etc.- making us more susceptible to certain diseases and types of pain. Targeting these organs provides a highly effective approach to treating the root cause of a person's pain and disease, as well as the emotional impact they may be having, thus allowing a deep and long-term transformation at physical and mental levels.



Lisa Lee
Acupuncturist

PhD, Lic. Ac, FEA, MCAUK
BAC member

HEALING & PAIN CONTROL

"Health is a state of wholeness, mentally, emotionally, physically."

Pain is experienced in the brain and it's for this reason that hypnotherapy is such a powerful tool for pain control and pain management.

Pain itself serves an important purpose. It's a signal that something could be wrong, out of balance and in need of attention.

Whether your pain is acute (sharp and sudden) or chronic (lasting for a longer period of time), mind over matter plays an important role in helping overcome many physical problems.

What is hypnosis? Hypnosis is a state of deep relaxation and focused attention. A pleasant dream-like state. Hypnotherapy is a guided meditation where the conscious mind is encouraged to quieten down and your subconscious mind become open and receptive to positive suggestion.

How can hypnotherapy help with pain?

Rather than trying to convince you that your pain doesn't exist, hypnotherapy aims to alleviate the fear and anxiety associated with the pain, helping the nervous system become less reactive to it.

What conditions respond well to hypnotherapy?

IBS and other digestive issues, headaches, backache, fibromyalgia, arthritis, TMJ - pain associated with teeth grinding and jaw clenching (Bruxism), side effects of cancer treatment including chemotherapy, radiotherapy and surgery, childbirth.

Hypnosis is often used in dentistry to alleviate fears and anxiety associated with going to the dentist and hypnoanalgesia to block pain during dental procedures.

Hypnotherapy offers you a safe and effective way to treat and manage pain naturally.



Gail Marra
Clinical Hypnotherapist

D.Hyp, MNCH (Acc) LAPHP
NRPC & GHR registered, NCH
accredited, member of APHP



RAPID TRANSFORMATIONAL THERAPY

Rapid Transformational Therapy is an internationally recognised therapy which is literally transformative. An innovative and an award-winning approach, RTT is becoming ever-more recognised for its results and impact.

Imagine learning a simple, but incredibly powerful technique that you can use to improve every area of your life from your confidence, finances and career to physical health conditions and general happiness. One session is enough, sometimes two and very occasionally three.

The root of issues in love, body image, health and performance are:

- Not feeling enough
- Feeling as though you don't fit in
- Feeling unlovable

These are simple underlying issues which literally stop people for having a great life, living their dreams and having the greatest gift of health. RTT clears the hard drive of unhelpful, unconscious programmes and installs the desired state. It lasts, it works and, importantly, it is rapid. RTT is part of a growing body of evidence – biogenesis, epigenetics and neurophysiological mind body influence that is taking psychotherapy in a new direction.

Using the mind to create its own sustainable solutions, which works on the physical body as well as on the emotions, RTT is a fast, effective and easy methodology and makes the session even easier, getting to the issue quickly and providing a new neural pathway through deep relaxation. Recordings are provided, it takes 21 days to complete the auditory cycle, and a pre-session recording sets the client up for success. Great results, impactful and literally transformative.



Bernadette Devine
International Psychotherapist,
Executive Coach & Yoga Therapist

Dip Couns and Psych.
MA Psych. ARTT. Cl.Hyp.
BSc(Hons), RGN, MSc Med Anthr.
RMN BSc(Hons)

ANXIETY, ANGER, PANIC & COMPLEMENTARY THERAPIES

Anxiety. It can lead to behaviours you don't understand in you or your child. It's there. As it grows, the journey begins to figure out what you can do to help yourself or your child through this emotion. The journey is long and hard. The 'monster' is big. Sometimes you are left to figure it all out on your own and it isn't easy. Along the journey, you find some strategies to try, some helpful, some creating more frustrations and feelings of helplessness.

Craniosacral Therapy (CST) is a presence where communication is not reliant upon words and where words, when used, are like drops of healing rain. CST works in a gentle way with the body, but at the same time at a very deep mind-body-inner level and it can be quite a profoundly transformational experience. CST works with the underlying causes as well as specific systems and it supports your body's ability to balance, restore and heal itself enabling you to shift from the tensions and stresses to a calmer state allowing our systems to rest and recover, as well as rebuild our underlying energy.

Every client is different though and some prefer a more physical manipulation therapy in which case a Psycho-emotional Release Massage (Nurture Touch Massage) may be more suitable.

The Nurture Touch Massage is a treatment that lights you up, rekindles your passion and brings as much joy to you as you give to others. A sacral acceptance of all that you are, a magical dance where you can feel truly held, seen and accepted. Picture receiving a massage where the depth, the pressure, contact and speed are perfectly balanced; the transitions from one body part to another are so seamless, they go unnoticed. Now imagine your session happening as if in water, although you remain on the table, your energetic body is no longer limited by it. Parts of you are heavily draped off the ground, others lifted into the air and others unwound, opening up the heart.

Monica Paslaru
Massage & Craniosacral Therapist

Two gold national medalist





GAINING BALANCE

“To go beyond is as wrong as to fall short” Confucius



THE LOW FODMAP DIET

Why do I need to see a dietitian?

Clients who have been diagnosed with Irritable Bowel Syndrome (IBS) typically mention at least one of two scenarios when seeking nutrition advice: "My doctor/gastroenterologist told me I have IBS and there's nothing I can do other than to avoid certain foods and come back in six months for a re-evaluation if my symptoms don't improve" or "My doctor/gastroenterologist suggested I try a FODMAP diet and gave me a list of foods I shouldn't eat."

The advice given in both of these scenarios doesn't take into account that the FODMAP diet is more than just a list of foods – it's a process. To get the best outcomes clients need a strategic plan to ensure that the nutritional content of their diet is not compromised and advice that is up-to-date, and that's where the dietitian comes in.

An experienced dietitian can help you understand the many different aspects of IBS and food intolerance, why your tolerance may differ from meal to meal and day to day, and help you make sense of your reactions to various foods and what these mean in the bigger picture.

Secondly, a strict low FODMAP is a diagnostic tool and is not recommended to stick to long-term. Finally, if you do not follow the low FODMAP diet properly, it is unlikely to be effective.

What are FODMAPs?

FODMAPs stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. When these carbohydrates are poorly absorbed in the small intestine increased water can be drawn into the gut. This can result in diarrhoea in some people, whilst for others the carbohydrates travel to the large intestine where they are fermented by bacteria producing gas. This gas can lead to symptoms of IBS, including bloating, constipation, flatulence, pain and nausea. If you are suffering from IBS, trialing a low FODMAP diet may be a life changer for you.



Anna Oliver
Dietitian

Accredited by the HCPC.
Professional member of BDA, AED,
and BSc, BPhEd, PGDipDiet, RD

BODY IMAGE IN

Teenagers to adulthood

Body image is the subjective sense we have of our exterior appearance and our body. Unlike what others see when they look at us, our body image is often different from the objective and actual size and shape of our bodies.

Whilst it is true that both men and women can feel dissatisfied with their body and its parts, there are more women than men who report consistently disliking their bodies - in fact up to 10 million women in the UK claim to be depressed about how they look. The emphasis on a woman's experience isn't to suggest body image problems among men are less important than among women but they are less common and thus less reported. What's more, children mostly around the age of 10 are more afraid of getting fat than a parent getting cancer with 47% of girls aged between 11-14 refusing to take part in activities that might show off their bodies in any way. Therefore, negative body image often begins when people are young and extends far into adulthood with these figures raising every day.

So, what can we do to tackle all of this?

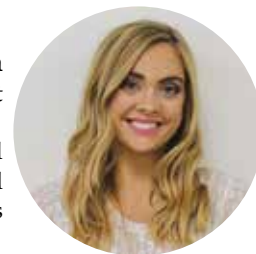
Change the conversation, whether you are a loved one, mother, sister, father or teacher. Take the focus off the physical appearance and start complimenting your loved ones on their personal attributes, their kind nature or funny storytelling.

Spend less time focusing on the media which shows a lot of Photoshopped images.

Surround yourself with people who promote a positive self-image, who don't constantly put you or others down based on what they look like.

Encourage healthy relationships with food and exercise, balanced eating not restrictive dieting and moving the body for health and mental wellbeing.

It starts at home, in schools and in the workplace and if we are all part of the conversation, we can change things for the better.



Laura Phelan
Eating Disorder Specialist Therapist

IAEBP member/ BPS accredited
Diplomas level 5 from the National
Centre of Eating Disorders



THE CHALLENGING TIME OF MENOPAUSE

Last time you walked into your GP surgery, did you notice that all the leaflets for women are about pregnancy or breast examination? Did you also spot that menopause leaflets are absent? As an issue, it does not show on the radar of many psychotherapists either, nor is it extensively written up in the psychological literature.

Yet, all women will go through the menopause, more than those who have babies or get breast cancer. Most women will experience its physical symptoms in middle age, as well as psychological, social and spiritual changes. For many this can be a challenging time — studies show that it affects the home and sex lives of more than half of all menopausal women, while more than one-third say that it impacts their performance at work.

So here you are, somewhere in mid-life. Perhaps there is a sense of estrangement from your body or even from your 'self'. Could this be the menopause? Can you talk about these changes and feelings openly or does silence and taboo keep a lid on things and make you feel more isolated, more angry?

This is not a mid-life crisis. This is a time of hormonal shifts in our bodies, a natural process. It is also a creative time, a new phase of adulthood where you may re-examine your values, recognise the changes in your 'self', and transition to a new chapter in your life where you may find greater personal freedom and rewards. Coming to terms with the menopause will help you to begin to accept a new reality including your mortality.

So just stop when you finish reading this. Your future is not fixed, it depends on the choices you make every day. You do not need to live in the past; you can live openly towards what will be. Reflect on where you are right now and figure out what you need. Ultimately, the only person who can make the choices and changes is you.



Ondine Smulders
Existential Psychotherapist

PgDip Integrative Psychotherapy & Counselling Psychology, ADEP, SEA & UKCP accredited

FERTILITY - STRESS TO SUCCESS

Trying to conceive can become an unexpectedly difficult time in women's and couple's lives. What is expected to be joyful can become stressful. The apparent ease with which friends and colleagues fall pregnant can lead to a sense of isolation, with the multiplicity of online information available only serving to confuse. Women may begin to feel that their body is letting them down and the cycle of hope and disappointment each month can be painful and exhausting. Feelings of anxiety can lead to the not-so-quiet worry that stress will further affect hormone balance. Physical and emotional symptoms of hormone change act as daily triggers and resolutions to resist Googling their meaning may be short-lived.

While speed learning a new vocabulary of the complexities of ovulation sticks, temperature charting and more, questions risk becoming all-consuming, including "Am I ovulating...when am I fertile...can I conceive naturally...which clinic is best for me...will diet help...how will I cope?"

What are the solutions? Preparing for conception has many aspects. Having the space to be listened to, explore personal beliefs and assumptions, agree goals, discuss symptoms and medical results, consider a variety of options, and create specific plans to move forward can act as both a huge relief and the first step toward success.

Combining expert guidance with research-based treatments is the next step. Acupuncture trials have demonstrated improved pregnancy rates, hormone balance, fertilisation and embryo quality, and reduced anxiety during IVF. It's thought that acupuncture's effect in reducing stress hormones plays a role, possibly also explaining the reduction in premenstrual symptoms, dysmenorrhea, hot flushes, and improved ovulation frequency noted in studies. Meanwhile nutrition plays a vital role in preparing for conception. Diet influences, oocyte and sperm quality and affects metabolism and reproductive and stress hormones. Simple changes make a big difference to well-being and success in conceiving.

Liz Jeannet
Nutritionist & Acupuncturist

BSc Acupuncture, MSc Clinical Nutrition, MBAC. Acupuncture & Nutritional Therapy for Women's Health & Fertility



RECOVERY FROM ADDICTION

Most of us have self-soothing mechanisms, these can be healthy or unhealthy. When we find ourselves turning to our unhealthy coping strategies which can begin to take over our lives as we develop and engage in addictive behaviour patterns, a solution needs to be found.

Addiction comes in many forms; - alcohol, drugs/substances, pornography, love, sex, food, gambling, shopping and can lead to a deep feeling of depression, isolation, anxiety and loss of self. A serious addiction can cause long-lasting problems for both the sufferer, their families and, unchecked, can cause utter devastation.

I have found one thing in common working with addicts. In almost all cases, the addiction is a symptom of a greater problem with its roots often in childhood development, attachment issues, trauma, self-concept and self-experience.

Therapy will help you look closely at your addiction and its consequences so that you can focus on the areas you really want to change and build the motivation to do it, whilst considering all the subsequent mental health problems an addiction can cause.

Psychotherapy and Counselling helps you unpack, examine and understand your unconscious process and discover the root cause of the problem driving the addiction. Therapy is a gift, a collaborative experience that will give you insight into how your life has become dominated by addiction. Work is gentle, respectful and supportive meeting you where you are in a confidential and non-judgmental way.

I experienced and witnessed the profound change that can occur when a client engages with therapy, discovering themselves again after a time of suffering. Understanding and learning to conquer your unhealthy coping mechanisms through therapy free your life and allows you to flourish and thrive, removing the shackles of addiction and allowing you to live your life to its full potential.



Laura Colquhoun
Psychodynamic and Person-Centred/
Humanistic Psychotherapist

FdA, BA Hons Therapeutic
Counselling & Psychotherapy
BACP registered

SUCCESS & CONFIDENCE IS AN INNER JOB

How do you define confidence and success? The truth is that whilst confidence and success will mean different things to different people, more often than not it can be experienced as short-lived, transparent or unobtainable. In today's world with the powerful rise of social media, we are all encouraged to be our own personal brand within our personal and professional lives, to judge and to be judged according to the number of 'likes' or following that we give or receive. The truth is that whilst we can't escape the reality of needing and wanting to be loved, acknowledged or liked by others, in order to feel sustainable and longer-term success and confidence, the real work must start from within you.

Thought-provoking and essential questions

1. Ask yourself is your current vision of success and confidence serving you, your true values and your current and future happiness?
2. Are you aligned with your inner values? Does your current experience or vision of success make you feel confident and happy? Why not take a moment to close your eyes and remember a time when you did feel truly content. What was different? Who or what was around you? How did you feel? How can you feel like this again? It might be a current memory, a future hope or a childhood/ past memory.
3. What you once wanted may not be what you want now. Be honest with what it is you want now and take the smaller and larger action steps to get there.
4. Do you fear being disliked, rejected or judged? In order to achieve sustainable confidence and success, you need to clear out the negative emotions in your life. If you do worry about other people's opinions and this then impacts you, ask yourself: how is this serving you or not serving you right now.
5. Your vibe attracts your tribe. By working on yourself and your needs first you are setting yourself up to feel more confident, happy and successful. From there you will clear out that which is no longer serving you and you will make room for the people, situations and opportunities which will be aligned with your true values.

Samantha Morris
Confidence and Success Coach

Accredited Coach (IAPC&M)
Integrative Art Psychotherapist
HCPC & MBACP registered





SEXUALITY, GENDER, IDENTITY

“Life isn’t about finding yourself. Life is about creating yourself” George Bernard Shaw



THE BENEFITS OF TIME-LIMITED SEX THERAPY

There are considerable benefits in being able to attend long-term therapy. However it may not be possible for everyone. This might be due to financial restraints, lack of time and not being ready for long-term psychotherapy.

At the point that clients present with a sexual difficulty, they usually want to achieve a measurable and clear outcome. For some clients accessing a brief and to-the-point approach is all they need or want. Time-limited therapy could help clients regain a quality of life and acquire skills or tools to manage a healthy sex life.

Once an assessment is complete and the goal of therapy is defined, time-limited sex therapy can offer a tailored treatment for the needs of the individual or the couple.

The time-limited sex therapy I offer works in a holistic and an integrative manner. I work with each client/couple to understand the 'bigger picture' first. We identify the potential factors (psychological/organic) behind the sexual presentation. As long as it is safe to do so, we work with what needs to be prioritised for the client. There is an acknowledgement and an honest conversation about the issues that will not be addressed due to the time-limited framework, but the client would be able to understand their potential impact and choose when ready to consider further.

Regular reviews ensure that the client/couple has the chance to reflect where they are in achieving their original goal. Sometimes, the most significant value in time-limited sex therapy is that it offers the space and becomes the bridge for the client/couple to prepare for long-term therapy.

Overall, time-limited sex therapy can be very effective in meeting directly the needs of the clients in a focused, holistic and financially efficient way.



Remziye Kunelaki
Psychologist specialised in
Psychosexual & Relationship Therapy

Certified by ESSM/EFS. Accredited by
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EFSP & BPS.

FREUDIAN PERSPECTIVE ON SEXUAL ORIENTATION

Development in the research of the human genome in the 20th and 21st centuries and trends in sexual identity politics have led to attempts at finding a genetic underlying cause for sexual orientation - colloquially coined 'the gay gene'. While there have been some studies suggesting a correlation between homosexuality and certain genes, the results have not been decisive.

In my opinion these endeavours failed to take Freud's contribution to the question of sexual orientation and its roots on board. For Freud, biology was only the backdrop against which the psychological drama unfolds. The discovery of the unconscious and of the five psychosexual stages in the late 1800's and the early 1900's brought Freud to view sexual orientation, both heterosexual and homosexual as resulting from a choice made by each individual psyche, roughly by the end of the phallic psycho-sexual stage. At this third developmental stage of the human sexuality the child chooses an object to love and an object to identify with. In so doing, the child is also choosing the gender he identifies with.

From where we stand today, this seems quite straightforward, but it was utterly radical for its time. Heterosexuality for Freud is no more or less natural than homosexuality. Both orientations rely on an unconscious choice made at infancy. It is highly crucial to note that the use of the word 'choice' does not suggest a degree of agency on the part of the individual. An unconscious object choice is not the same as choosing a profession or a piece of clothing. For Freud the sexual orientation choice is made by instances of the mind, that are unconscious to the ego, which at infancy would in any case be at a rudimentary stage of development itself. This choice for him is as deterministic as any genetic trait and has a discrete and specific meaning for the individual, given the context of the development of her or his psyche. If we are to draw a rough outline, we love who we love owing to an unconscious, fixed and unalterable choice made at infancy. This choice is unique and important to us and comes to define not just who we love but also who we are.



Amnon Shaked
Psychodynamic Psychotherapist

PGDip, MSW, BSW, BA
BACP & HCPC



FOUR SEASONS & NINE MUSES: WOMEN'S GROUP

Psychotherapist Bárbara Godoy has led therapeutic groups around the world since 1997. The question about the meaning of being woman was the focus of her postgraduate research completed in 2005. Women's Groups: "Four Seasons" and "Nine Muses" are the synthesis of the last 13 years of practice and ongoing research.

Women's Group is an exploration of our assumptions about the meaning of being women through awareness - intensive practices such as storytelling, communication skills, family constellation, dynamic meditation, deep relaxation, bio-energetics, psychodrama, authentic movement, catharsis (emotional release), touch, feedback and sharing.

Benefits:

Reconnect to your body
Remember yourself
Create healthier relationships
Learn how to be more honest with yourself
Process difficult emotions in a safe environment
Be kind to yourself and others
Forgive past behaviours and let go of negative patterns

Each Saturday is dedicated to one muse. A muse is a genre, a vehicle for expression, a quality of being present, a call from beyond reason. Our work will focus on "getting out of the way" of these qualities and give them form through creative expression.

Dates available for 2019

25/05 Muse: "Calliope"
Theme: Fairy tale, myth or legend (Heart centre)

08/06 Muse: "Euterpe"
Theme: My voice (Throat centre)

06/07 Muse: "Urania"
Theme: New vision (Third eye)

07/09 Muse: "Polyhymnia"
Theme: Sweat the Prayer (Crown centre)

05/10 Muse: "Terpsicore"
Theme: Dance totally (Aura)

02/11 Muse: "Thalía"
Theme: Playfulness (Transcendence)

30/11 Mega Celebration.
Performances. Graduation.

2020

Nine Muses dates available – early-bird bookings

BOOKINGS: info@therapyharleystreet.co.uk





LEADERSHIP

'He who knows others is clever, but he who knows himself is enlightened' Lao-tsu

LEADERSHIP: Embracing change

The Harvard Business Review identifies seeking out 'what's not working' and 'looking ahead and seeing opportunity' as two of the five behaviours displayed by leaders who embrace change. One major obstacle to working effectively with both points is the difficulty in becoming aware of, what the Philosopher Martin Heidegger calls, the 'state of mind' or 'actual' that we inevitably become caught up in as human beings. In the work context, this 'actual' might be bound up in, for example, corporate culture or a brand proposition.

For Heidegger, awareness of this 'actual' starts with its breaking down. Although challenging, this breakdown enables us to start to see what we're caught up in more effectively. One metaphor for this process might be a car breaking down. When the engine fails and the driver flips the bonnet open, it may be the first time that they have tried to understand how the mass of complex machinery concealed within actually works. Similarly, in the work context, challenge and change may provide the conditions to examine the 'actual' that an organisation has been caught up in, (and the repetitive obstacles that this might have created).

If change can often be initially seen as a threat, what kind of leader might be able to embrace it? One view might be that a leader who has worked on discovering the 'actual' that they are caught up in themselves is more able to hold 'possibility' open when mounting pressure – both internal and external to the organisation - might repeatedly seek to close it down. In so doing, such leaders might be able to reach a clearer understanding of 'what's not working', as well as being more able to recognise the opportunities that lie ahead.

An executive coaching approach that draws on these ideas is one way of working in depth with individuals and teams to help them discover what influences the way they see and act in the world, how this impacts their capacity to realise their fuller potential and to harness this insight in support of operational objectives.



Dr Tom Cotton
Executive Coach &
Existential-Analytic Psychotherapist

BA (Hons), MSc, PsychD,
UKCP registered,
MUPCA accredited

MENTAL HEALTH: Taboo in executive leaders

Senior executive leaders and professionals may be seen as immune to common human conditions that include; substance and alcohol misuse, anxiety disorders, work-related occupational stress, traumas and significant life changes. The leader will generally form and produce strengthened coping mechanisms in order to protect themselves against any signs of weakness or failure to others around them such as colleagues, stakeholders, family and friends.

The internal dialogue for the individual would probably sound like "If you are in a senior position and are a leader you must be resilient and better equipped to deal with problems than anyone else around you." This is a very tall demand and a very high expectation of oneself and individual resources with no outside assistance and support may just not be enough. Accepting of mental health is more courageous than trying to solve sensitive and complex psychological issues without a trained professional's support and guidance.

It is very important that these personal matters are flagged up and addressed through early intervention and treatment in an outpatient capacity to avoid escalation and deterioration of further mental health issues. The leader who is more aware of their own emotions is more likely to be emotionally connected with others, and therefore will produce effective leadership and business potential.

You will identify emotions through regulation which will help ease emotional pressure whilst instantaneously making rapid behavioural changes. These fundamental transitions of self-growth, healthy mental wellbeing and progressive coaching will transform you as a stand-out individual and leader who will use empathy to engage, motivate and sustain teams that will increase organisation's performance and business results.



Saidat Khan
Executive Coach & Humanistic
Integrative Psychotherapist

ACC-ICF & BACP accredited
COSRT & ATSAC





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PROFESSIONAL EXCELLENCE &
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Biomagnetic Therapy, Craniosacral Therapy,
Posture Alignment, Nutrition & Diet,
Meditation, Physical Fitness
for optimum performance

CONTINUING PROFESSIONAL DEVELOPMENT



ADVANCED EXISTENTIAL
SUPERVISION GROUP
with Prof. Ernesto Spinelli

These sessions provide the opportunity to 'look again' at our practice and re-view assumptions and expectations regarding being a therapist.



WORKING WITH
MOMENT-TO-MOMENT
EXPERIENCE in SESSIONS
with Dr Greg Madison

The day will centre around the practice of Focusing and the philosophy of Eugene Gendlin to develop an embodied-relational mode of therapy.



EXISTENTIAL PRACTICE:
THE RELATIONAL WORLD
with Prof. Ernesto Spinelli
& Bárbara Godoy

This one-year course provides participants with the opportunity to examine the book in detail both with its author, Prof. Ernesto Spinelli, and via a sequence of discursive, experientially-focused workshops facilitated by Bárbara Godoy.

ENQUIRIES & BOOKINGS

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