



MIND & BODY SELF CARE

DISCOVER

the meaning of SUCCESS

DEAL with stress, anxiety and
depression in a responsible &
CREATIVE way,

UNDERSTAND

burnout and create work-life
BALANCE

ISSUE 1 - COMPLIMENTARY EDITION



THERAPY HARLEY STREET

Psychotherapy, Counselling & Well-being

CONTENT

Welcome to our first edition

by Bárbara Godoy p3

Your mind & body in balance

by John Clutterbuck p3

DEALING WITH STRESS & BURNOUT

Trusting our own wisdom

by Pinar McGivern p5

Understanding your stress flags

by Bernadette Devine p5

Drowning in work?

by Ondine Smulders p6

Stress, the body & Craniosacral Therapy

by Krys Bogacz p6

RESPONDING TO ANXIETY

When anxiety takes over

by Muneeza Khimji p8

Do I suffer from anxiety?

by Dr Christian Schulz-Quach p8

Acupuncture for anxiety

by Lisa Lee p9

When anxiety leads to addiction

by Emily Cavendish p9

Anxiety & panic

by Gail Marra p10

When our children need help

by Dr Mimi Goess-Saurau p10

Editors

Gisela Jachniuk

Sian Hoskins

Katy Driscoll

Idea & design

by Clustersmedia

UNDERSTANDING SUCCESS

The role of insight in effective leadership

by Dr Tom Cotton p12

Emotional awareness: the key for leadership

by Saidat Khan p12

The positive transformative step

by Samantha Morris p13

The importance of a place to talk

by Poonam Mehta p13

CREATING WORK-LIFE BALANCE

Bereavement & loss

by Alina Barrowcliff p15

How is your relationship with food?

by Laura Phelan p15

Children: 'signs of struggling'

by Vanessa Aggrey p16

Coming out

by Amnon Shaked p16

Mindfulness for insomnia

by Isabel McCan p17

Managing work-life balance as a couple

by Dr Waafa Eltantawy p17

Homeopathy: The right balance every day

by Helen Ommanney-Terry p18

Biomagnetic pait therapy & PH balance

by Pema J. Varela

p18

Produced

by Therapy Harley Sreet

10 Harley Street W1G 9PF

T: 020 7289 5656

E: info@therapyharleystreet.co.uk

www.therapyharleystreet.co.uk



WELCOME TO OUR FIRST EDITION

I am delighted to welcome you to our first edition of THS Magazine. 'Self-care' mean giving careful attention to ourselves. We believe that it is possible to thrive at a deeply personal level, while sensitively supporting others to reach their goals.

At Therapy Harley Street, we bring together professional excellence and authentic human care, delivered by a diverse team of highly skilled and experienced practitioners. We see wellbeing and therapeutic interventions such as counselling and psychotherapy as the process of learning how to derive the maximum 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 deal with the obstacles in a responsible and creative way and embrace life fully.

Nowadays, we ought to be productive, efficient and fast! This way of thinking can mean that we are often left feeling suffocated, exhausted and lonely. We need to regain the courage to respond to the challenges that life places in your path. Expert professional help can make a meaningful difference when conflict prevails.

At Therapy Harley Street, we aim to support each of our client's personal accomplishments by promoting health and fitness of the mind and body by offering psychotherapy, counselling, coaching, massage therapies, yoga, nutrition, mindfulness, hypnotherapy, craniosacral therapy, personal training and meditation, amongst others.

Our bespoke, holistic approach is tailored to meet each of our individual client's needs and our stylish, beautifully renovated rooms offer a high-end, comfortable environment that is safe and confidential for therapeutic work with individuals, couples, groups, families and children. We are located at a world-renowned address in the heart of central London. We believe that life is an enriching adventure, a meaningful and creative experience. With the right support, we can all become the protagonist in the story of our lives. I hope you enjoy the magazine as much as we enjoyed creating it!



Bárbara Godoy
Director of Therapy Harley Street

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

YOUR MIND & BODY IN BALANCE

Mind and body are one. That is what we hear more and more each day... or so I understand it. More research is constantly enabling us to see further into mind and body systems' function. Some of the body's systems which were named as seen, as a number of divided systems, are now being treated medically as one system. For example, Thought (Mind), Hormonal Response (Chemistry Body), Neuro (Nerve Body) and Immune (Body). With every one of these previously seen as separate stages, there is feedback to the mind and mind back to body. So how can we now refer to the mind and body as being separate from each other?

As adults, I think we can all recall an experience of a thought that has influenced how we feel. Perhaps that blush (the embarrassment) is what we remember, the excitement (butterflies in the stomach), the terror (my belly dropped). The list goes on...

So how is it that we manage our feelings when the going gets tough? What happens to the sensations that are so intensely coursing through you when there is simply no time to process them with a break? What happens to the body with all the tension that goes with the thoughts? You just want to rest in an oblivion or run a mile. Pressure builds and there's still no time to let it all settle. We know that it is in these moments that the thoughts are mirrored in what we feel in the body.

The situation could be amended. Maybe the feeling you found uncomfortable has the answers. So how do you get there? An opportunity to transform your mind and the body all around by understanding that space for clarity and to see what to do about it and then perhaps all the chaos around can settle too. This is the space I can offer for the journey of transformation of both mind and body.

John Clutterbuck
Mind Body Centre Director

Well-being Consultant:
Hypnotherapy, Mindfulness,
Personal Trainer





DEALING WITH STRESS & BURNOUT

“The greatest weapon against stress is our ability to choose one thought over another” William James

TRUSTING OUR OWN WISDOM

Considering the rhythm of modern life – the progress and speed of everything – are we becoming more fulfilled and happier? Are we able to focus on anything else but meeting our deadlines and getting things done? With tight deadlines, short-term solutions and multi-tasking, are we actually ever experiencing anything in the present tense or stuck in some abstract concept of future? “When I finish this last task, I will relax”, we may say to ourselves, as if relaxation is instantly accessible when we want it.

When we are stressed, our body and minds are out of tune. It would take time to regulate our nervous system before we can deeply relax. Because we are generally short of time, we accumulate more stress and the body gets habituated into a level of stress and we let ourselves becoming speedier. It’s a vicious circle.

When we find ourselves thinking about an abstract ‘future’ – constantly trying to go forward, move forward, meeting internal and external expectations, we aren’t present. Our presence is hijacked by some kind of trance. If we do not come out of this self-imposed trance, we may suffer from burnout. Mindfulness means being aware of what is happening while it’s happening, moment by moment. And this quality of awareness is a by-product of Buddhist meditation. Through mindfulness, we can become aware of our thoughts, emotions and sensations in the body – we become present. At a deeper level, emotional and cognitive patterns that condition us can be revealed and the moment we become aware, we also have a possibility of change because we have the choice of not creating or reinforcing the patterns.

I practice Mindfulness Based Core Process Psychotherapy. Mindfulness is integrated into the therapeutic work. It’s about learning to trust our own wisdom and awareness, rather than an external formula or a technique. We breathe together, access presence and learn to become present when the external world is full of chaotic energy. It is an embodied approach that allows you to integrate subtler levels of awareness into your daily life.



Pinar McGivern
Mindfulness Based Psychotherapist
UKCP accredited

UNDERSTANDING YOUR STRESS FLAGS

Stress is both simple and complex to understand. Some stress can be great for producing great outcomes at the eleventh hour. However, continued and unrelenting stress can have negative results on emotional, physiological and psychological health, eventually reducing productivity and can lead to burnout.

Stress itself stimulates the body to gear up for fight or flight. In this heightened arousal state, our senses are sharper, we focus more and the time can slow to allow us to enter a productive creative zone. Chronic stress has the opposite effect, where the body no longer realises the ‘threat’ response switch on and off mechanism. Instead, the hyperarousal state persists, disturbing sleep, affecting diet, impacting on the social elements of life and ultimately one’s work.

Understanding, insight, counselling and coaching are ways to prevent stress from building up and can interrupt a chronic cycle in time to stop an ever-decreasing circle of panic from developing further. Ignoring signals for rest, missing breaks, skipping meals are indicators that a self-neglect cycle may be in train.

The desire to perform, deliver and please are indicators of a predisposition in personality types that can lead to us ignoring ourselves, our needs and our limits. Stress may be the first indicator on the dashboard that all is not well. Action taken at the right time can avert a full-blown crisis, keep you at the top of your game and allow you to use stress to deliver in the short-term.

Know your stress flags, map them in advance, measure your tolerances – a one-off stay late is fine – ongoing failure to honour yourself may hint at deeper issues. Keep your own life going alongside that of work, set boundaries and build resilience. Get help early if needed and take control over you, your environment, your work and ultimately your delivery. Remember it’s a game. Play to win, but build in downtime to regroup when you can. Success counselling makes a transformational difference to performance and you owe it to yourself to take care of you.



Bernadette Devine
International Psychotherapist,
Executive Coach & Yoga Therapist
UKCP accredited



DROWNING IN WORK? STRESS, THE BODY & CRANIOSACRAL THERAPY

Stress is good for us – in small doses. It gives us energy, stimulates our creativity and ensures that we deliver our best at exactly the right moment. Living with the spectre of constant stress, on the other hand, has the opposite effect. It creates a vicious circle of piling stress onto stress, diminishing our effectiveness and reducing our productivity which may end with burnout.

Functioning well on the surface to the outside world does not invalidate the turmoil below the surface. Stressed out people often sense that they are drowning in work, buried under obligations and lack control over deadlines or travel schedules. They just carry on in the hope that these too will pass. Stressed individuals tend towards the hyperactive and yet they have no energy and often suffer sleepless nights.

Over time, unmanaged stress added to existing stress, can lead to burnout. Many hard-working and 'I-can-do-it-all' people in any profession can crash into the wall of burnout when their engine grinds to a halt or their sense of self becomes hollowed out. They lose interest in daily life and are no longer able to meet its demands. Their emotions flatten out and they become detached from themselves and those they love. They lose all motivation to carry on. They may find themselves becoming helpless, sometimes even hopeless.

If this rings a bell, perhaps it is time for you to see an Existential Psychotherapist? I can offer you a space where you can sit down and take stock away from the treadmill of work without being judged. I will listen attentively as you describe your experience, so I can understand you and make sense of your world. I will stay open to any possibility while avoiding set expectations. Together, we can explore your relationship with your boundaries—the difficulty to say no or perhaps the inability to let go of imperfect work—which may have steered you down that spiral. Out of this chaos, you can develop a greater understanding of yourself and discover a more rewarding and meaningful perspective on life compared to the one you are experiencing now.



Ondine Smulders
Existential Psychotherapist

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

Whether we're responding to an emergency, dealing with a sustained challenge or thinking about our problems, the body engages the same automated response. The hallmarks of our stress response are the mobilisation of energy from storage sites and the inhibition of further storage; increased heart rate, blood pressure and breathing rate to deliver that energy to critical body systems, inhibition of long-term processes like digestion, growth and tissue repair, immunity and libido, blunted perception of pain and shifts in our cognitive and sensory skills. Our body primes itself to survive a state of immediate emergency.

The response is intended for use in the shorter term and the mechanisms it employs can be costly. We all know that recurring stress can wear us down, but do we take time to consider that it's a body-wide phenomenon? Furthermore, our bodies, efficient as they are, when faced with repeated stress, will adapt to perceiving the world as a dangerous environment and will set a new baseline for nerve response, hormone production and the like. When we're constantly stressed, it becomes easier for the body to get stressed and stay stressed and harder for it to switch off. A sustained or repeated stress response is not only able to cause disease, but can make existing disease far worse. It can also leave us restless, anxious, overwhelmed and generally disconnected.

Craniosacral Therapy (CST) is a gentle way of working with the body, using light touch and a holistic approach. By supporting the underlying health, CST enables the body to release symptoms caused by physical, psychological or emotional stress, often without us having to verbalise our problems. At a minimum, it helps to rebalance our nervous system, enabling us to shift from the stress response and all of its constituents (often called fight-or-flight) to a calmer state in which we can rest-and-digest. CST works with the whole body and at a pace determined by the body, easing a whole spectrum of symptoms rather than bringing on a crash. It helps us to rebuild our resources, reconnect with body sensations and regain a sense of relaxation and spaciousness in our lives.

Krys Bogacz
Biodynamic Craniosacral Therapist

Registered with the
Craniosacral Therapy Association
(CSTA)



RESPONDING TO ANXIETY

“It is always easier to make positive lifestyle changes with the support of others”



WHEN ANXIETY TAKES OVER

Anxiety is the fear of a particular outcome and the feeling that you will be unable to cope with this outcome. It is a symptom that we all experience at some point in our lives and, when it becomes overwhelming, it can be crippling and limit all your activities.

When anxiety takes over, the fear is at its highest and, at this point, the brain shuts down as a protective mechanism and thus it is harder to think clearly. The inescapable nature of anxiety means that it is constantly present and can often leave you feeling like you are unable to enjoy anything in your life.

Anxiety does not have to rule your life and often talking about your fears can help. The key is to have a variety of tools you can draw on while you identify the causes. While therapeutic support is important, the reality is that you are still living with your symptoms and, having a variety of resources you can access, can help you manage your world on a daily basis.

Looking at certain thought patterns and beliefs of the world you associate with can help you shift perspective and in turn loosen or remove the fear. So if you suffer from anxiety, regardless of its severity, creating a resource list that is readily available can help you cope between your therapy sessions.

Some suggestions include:

- 1. Grounding
- 2. Practising acceptance
- 3. Having a non-judgemental attitude towards self
- 4. Anchoring to sounds or smells like music

Muneeza is an integrative therapist who uses methodologies such as CBT and EMDR. She works with a variety of areas such as stress, depression and trauma and has been practising for 18 years. She is also an author of two books, both of which are available on Amazon.



Muneeza Khimji
Psychotherapist & Psychologist

CBT & EMDR Therapist
MBPsS MBACP(reg) Member of
EMDR Kenya Trust

DO I SUFFER FROM ANXIETY?

Anxiety is, first and foremost, natural, important and helpful. It is one of the most basic emotions we experience as human beings. Its general function is to signal danger, activate our awareness and defences and prepare us for challenges.

If anxiety generalises and becomes an experience independent of an immediately perceived threat, it can decrease one's well-being and lead to psychological stress, physical symptoms and decreased overall performance.

People with anxiety often describe a sense of build up of physical sensations inside their bodies, sometimes to the degree of feeling completely filled up with it in every part of their body, which can ultimately lead to a sense of alienation from their bodies and reality, often combined with a sense of light-headedness or trembling. Some describe pins and needles, restlessness with a pervasive inability to sit still, sweating or hot flushes, grinding of their teeth, head or back aches, changes in their bowel movements and sex drive and a restless sense of sleeplessness. The mental symptoms of anxiety often involve feeling overwhelmed and tense or worrying excessively.

“Anxiety often involves feeling overwhelmed and tense or worrying”

The latter can lead to rumination – a type of thinking centred around bad experiences or thinking over a situation again and again. Sometimes people are unaware that the symptoms mentioned above are related to anxiety and, in an attempt to calm themselves down, increasingly

revert to recreational alcohol or substance consumption or engage in other forms of self-harming behaviour.

Dr Christian Schulz-Quach MD
MSc MRCPsych MBACP

Psychiatrist & Psychotherapist



ACUPUNCTURE FOR ANXIETY

Acupuncture is a safe, gentle and natural therapy, part of traditional Chinese medicine. It is based on the concept of energetic channels - somewhat similar to the veins and connective tissues that run around our bodies - which can be rebalanced or unblocked when necessary by stimulating acupuncture points.

Although frequently used to treat physical problems, acupuncture is actually – first and foremost – a mental health therapy. In fact, many ancient texts of Chinese Medicine describe all diseases as rooted in the ‘spirit’, with emotions and feelings having a bearing on how we feel in body and mind, while our physical health impacts on our mental wellbeing. As such, every organ in Chinese Medicine is seen as having both physical and emotional functions. With an acupuncture treatment, the emphasis is to always ensure balance and harmony of body and mind.

From experience of treating patients who suffer for instance with panic attacks, it is clear that the trigger to an attack is indeed an interaction of the physical and mental levels – such as being in a particular place or situation or noticing a specific smell – which then sends a stress signal to the brain, leading to physical responses such as feeling hot, sweaty, having a racing heart, heavy breathing, vertigo, nausea, etc. By looking at the person’s tongue, taking their pulse and enquiring about lifestyle factors, it is possible to determine where the imbalance comes from, which acupuncture channels are involved, and then choose and stimulate particular acupuncture points to address the root cause of the anxiety.

The reasons and symptoms of anxiety vary from person to person and acupuncture understands this. The treatment plan will always be very specific to that person making for truly remarkable results, whatever the severity of the anxiety.



Lisa Lee
Acupuncturist

PhD, Lic. Ac, FEA, MCAUK.
BAc member

WHEN ANXIETY LEADS TO ADDICTION

Anxious feelings are a perfectly normal response to threat and uncertainty. The function of anxiety, from a biological perspective, is to equip us to deal swiftly and effectively with whatever challenge we face, be it a crisis at work or a pressing personal issue. Anxiety becomes problematic if it does not diminish after the crisis passes – or with the acceptance that a given situation is beyond our control. Just as someone who suffers with Post Traumatic Stress Disorder can daily relive panic and terror associated with past trauma, anxiety disorders are characterised by an elevated threat perception, even in the absence of a current threat.

We tend to seek to make sense of our feelings by looking to our environment. So when we feel anxious, we search for an explanation which can lead to incessant fretting about past, present and future scenarios in an attempt to elicit a sense of control over the anxiety. Unfortunately, this frequently has the contrary effect of perpetuating it and we find ourselves trapped in a cycle of worrying about worrying.

Feelings of anxiety are often overwhelming and only tolerable if they are transitory. When they are habitual or even a near-permanent state of being, they can become unbearable. This is why anxiety can leave sufferers vulnerable to addiction because mood-altering substances or behaviours change the way that they feel and provide temporary respite. The problem is that the relief is short-lived and the anxiety inevitably returns with a vengeance. Once a dependence has developed, it brings a host of new issues which, in turn, become additional sources of anxiety.

Alongside teaching certain techniques and strategies which can help manage the symptoms of anxiety more effectively, a trusting and collaborative therapeutic relationship can lead to a greater sense of security in the world and foster the courage to explore the underlying causes of anxiety and ultimately adopt healthier ways of managing difficult feelings.



Emily Cavendish
Integrative Psychotherapist

MSc, BACP accredited
UKCP registered



ANXIETY & PANIC

When we are anxious or stressed, without the need for conscious direction, the brain sends signals and stress hormones to the central nervous system preparing the body for our innate 'fight or flight' response – all signified by a racing pulse, hyperventilation, dry mouth, tight throat, trembling of the hands, knees, lips and voice, sweaty palms, nausea, blurred vision.

Regardless of age, gender, faith, profession or nationality – whether you're a student, employed, self-employed, unemployed or retired, a stay-at-home parent, professional singer, musician, dancer, actor, athlete or public speaker – stress, anxiety and panic knows no boundaries. It can reach anyone and everyone at any given time and without warning.

Now a healthy level of anticipation and nerves before an important occasion or event can be a positive thing. This demonstrates that the event and associated responsibility is being taken seriously and that the outcome is important. However, severe or chronic anxiety can harm our mental and emotional wellbeing resulting in irritability, compulsive behaviour and social withdrawal. Those affected may find it hard to concentrate, have problems sleeping or eating and be prone to angry or aggressive outbursts. They may suffer negative thoughts and, as a result, start to avoid everyday activities such as seeing friends, going out in public or to work or school.

Quite apart from the psychological effects of anxiety, the physical effects can be manifold, presenting through symptoms such as heart palpitations, chest pains, hot flushes, problems sleeping, digestive disorders and a weakened immune system.

In Hypnotherapy, we use breathing techniques to activate the parasympathetic nervous system – our 'rest and digest' response. We use guided imagery to help reframe and redirect negative thoughts, beliefs and expectations transforming fears and vulnerabilities into powerful tools. And with other modalities such as EMDR, EFT or Havening, we are able to help clients tap into their true potential, allowing them to move forward with their lives in a positive way.



Gail Marra
Clinical Hypnotherapist

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

WHEN OUR CHILDREN NEED HELP

When our children are in physical or emotional pain, it's difficult to focus on anything else – from over-anxious pre-schoolers with separation anxiety to acting up and angry pre-teens to hormonal, depressed and anxious teenagers. Getting parenting right can feel like an overwhelming challenge and the fear of 'doing it wrong' can be paralysing. Seeing your child struggle and hoping that it's 'just a phase' that they will get through by themselves, can feel tempting because the fear of saying the wrong thing may make it worse. When your teenager is acting differently or strangely, you are right to take it seriously – suicide being the second largest cause of death among those aged 15-19.

It is a myth that talking to your child about anxiety will make them even MORE anxious. This could not be more wrong. Verbalising thoughts and feelings helps to reduce their intensity and power and gain control over actions. When talking to your child about their feelings, remember to just be supportive, non-judgemental and let them know you believe them. Statements such as 'Wow, that must feel really tough' or a simple 'Tell me more about that' and 'You aren't alone with these feelings' (if you have had similar thoughts and feelings, share them with your child and let them know what's helped you in the past as it can reduce confusion or shame).

There are however situations where you may feel that, despite having had conversations with your child, they are still struggling and may benefit from talking to a professional. Sometimes it is helpful to have a space where you can talk about thoughts and feelings that don't make much sense to you and have someone help you sort them out. I help people gain greater insight into themselves, how they tick and what causes them to act in ways that may be self-destructive. When you know yourself better, you have more choice in how you choose to react to your thoughts and feelings, allowing you to be proactive rather than reactive.



Dr Mimi Goess-Saurau
Clinical Psychologist PhD

BS, MS, PhD,
HCPC registered





UNDERSTANDING SUCCESS

*“There is only one thing that makes
a dream impossible to achieve: the
fear of failure” Paulo Coelho*



THE ROLE OF INSIGHT IN EFFECTIVE LEADERSHIP

There are dozens of theories about what qualities are required for effective leadership. Arguably though, there's one unifying principle underlying the development of these qualities – a leader's capacity to understand and work constructively with their own internal psychological landscape. Possessing this self insight has important implications for the way that leaders interface with the psychologies of staff, clients and other key stakeholders which, in turn, plays into the functioning of the organisation as a whole.

Leaders who possess this kind of insight tend to build organisations around them that are stable, yet flexible to change, innovative, yet ethical and sustainable.

How do leaders acquire this insight? Some bring innate insight to their role. More often than not though, talented individuals are promoted for their excellent technical and managerial skills, and then, in order to become an effective leader, they need to develop this insight.

Tom Cotton specialises in working in-depth with individuals and teams to help them discover what influences the way they see and act in the world, and how this impacts their capacity to realise their fuller potential. Areas where leaders can benefit from this work include working more productively with organisational dynamics, understanding challenges with greater clarity, change management and nurturing innovation.

Tom works internationally as an executive coach and organisational consultant across sectors including banking, insurance, television, marketing and healthcare. His practice draws on his experience in both clinical and organisational psychology, managing complex teams, and 10 years of creative practice as a writer and director in the film industry.



Dr Tom Cotton
Executive Coach &
Existential-Analytic Psychotherapist

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

EMOTIONAL AWARENESS: THE KEY FOR LEADERSHIP

Successful teams rely on strong and stable leadership that can facilitate the execution of a company's strategy, focusing on the development and capabilities of others. Transformational psychological processes focus on personal and professional development in improving individual and management skills by increasing emotional awareness of self and others.

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

This heightened level of awareness enables identification and management of one's feelings and the social awareness of others. With this skill and ability, behaviours will be responsive rather than reactive to the stresses of environmental and organisational pressures. Leaders will be able to recognise triggers and behavioural patterns in others and manage them more effectively. Communication which might previously have led to misunderstanding and conflict can be diffused and resolved positively.

The energy created by transformational leaders and within teams is usually infectious as members are stimulated by the communication of the inspirational vision.

How I can help. With a Psychology and Coaching background, my approach is supportive, pragmatic and consultative. My thought-provoking, integrative coaching style investigates and challenges conscious and unconscious values, beliefs, motivators and your sense of being. I provide a framework to identify the reasons why you, as a leader, gets stressed under pressure and provide practical strategies for coping with these difficulties at any moment in time to help you make better decisions and choices.

Saidat Khan
Executive Coach & Humanistic
Integrative Psychotherapist

ACC-ICF & BACP accredited
COSRT & ATSAC



THE POSITIVE TRANSFORMATIVE STEP

I've been there! You work hard day and night to support your director, manager or CEO's personal and professional needs and, before you know it, the day has ended and you may have to either tie up loose ends or you may even feel too exhausted to even contemplate your own wellbeing, dreams or goals.

Certainly, what you do is extremely important, if not integral to support another person's success! Yet you live in the shadow of your employer's role and success. So when do you find the time or energy to acknowledge your own dreams, goals, wellbeing and success?

The truth is that with the right coach, it is possible to successfully nourish your own personal and professional needs and live the life you truly desire.

If you find yourself saying 'that's me' to any of the following, then coaching could be the positive transformative step you're looking for:

- p Have you ever felt like you've stepped through the back door on your way to the VIP room?
- p Are you finding it difficult to balance work and your personal life?
- p Do you want to be promoted or change career direction?
- p Do you feel burnt out because your career has taken priority, meaning you need to work on your wellbeing and 'me time'?
- p Do you experience professional relationship issues?
- p Do you suffer from procrastination, perfectionism, low self-esteem and confidence?
- p Do you experience dating or relationship issues?
- p Would you like to pack it all in and have an adventure?

Life is a once in a lifetime adventure! So... how will you choose to live yours?



Samantha Morris
The Life Coach For Successful People

Certified & Qualified Life Coach
Integrative Art Psychotherapist
HCPC & MBACP registered

THE IMPORTANCE OF A PLACE TO TALK

Any time your quality of life isn't what you want it to be, psychotherapy can help. Some people seek psychotherapy because they have felt depressed, anxious or angry for a long time. Others may want help for a chronic illness that is interfering with their emotional or physical wellbeing. Others may have short-term problems they need help navigating; they may be going through a divorce, facing an empty nest, feeling overwhelmed by a new job or grieving a family member's death, for example.

Signs that you could benefit from therapy include:

- You feel an overwhelming, prolonged sense of helplessness and sadness
- Your problems don't seem to get better despite your efforts and help from family and friends
- You find it difficult to concentrate on work assignments or to carry out other everyday activities
- You worry excessively, expect the worst or are constantly on edge
- Your actions, such as drinking too much alcohol, using drugs or being aggressive, are harming you or others

How I work. As an Integrative Psychotherapist, I use different combinations of therapeutic tools and approaches to suit your specific needs. 'Integrative psychotherapy' is a more progressive form of therapy than traditional singular forms of psychotherapy, drawing elements from different schools of thought to make it a more flexible and inclusive form of treatment that's suitable for a wide range of emotional health issues. I use Cognitive Behavioural Therapy (CBT) when appropriate. I consider myself to be an active and empathetic listener with extensive experience in a wide range of issues.



Poonam Mehta
Integrative Psychotherapist

MBACP registered





CREATING WORK-LIFE BALANCE

*“You can do anything but
not everything”*



BEREAVEMENT & LOSS

We're all forced to confront the loss, anxiety and suffering that the death of a loved one causes. Death cannot be avoided or denied, it is something we will never experience but always anticipate. Bereavement is the natural, painful and often devastating response to the loss of a loved one. In grieving, feelings related to this loss affect all aspects of our being, the emotional, spiritual and physical.

Each person will respond uniquely, depending on your individual situation, your age, personality, cultural background, religious beliefs, previous life experiences and personal circumstances. There is no 'normal' or 'right way' to grieve, but you may be struggling to cope with some of the following feelings of shock, anger, pain, sorrow and distress, guilt and regret, depression, longing, fear of forgetting: the way the person looked, their voice, your shared times together and not being able to keep their memory alive.

Responses of others: you may be feeling lonely, isolated and cut off from friends who don't know what to say or fear they will say the wrong thing.

If you are struggling to cope, you may be more likely to experience stress-related reactions such as struggling to sleep, illness, deteriorating relationships, alcohol and substance misuse, self-harm and other risky behaviours. These are normal responses perhaps to arm and defend against such painful feelings. We understand and can help you.

Existential therapy offers a safe caring space to be yourself and show your feelings, to begin connecting with the meaning of your responses to this life-altering situation and authentically come to terms with living in a world which is irreversibly changed. The length of time this takes will be unique to each mourner.



Alina Barrowcliff
Existential Psychotherapist

UKCP, MBACP
& SEA registered

HOW IS YOUR RELATIONSHIP WITH FOOD?

In today's society with the impact of 'diet culture', it can be impossible to know what's 'healthy' to eat. This can be overwhelming and disempowering when trying to lead a balanced lifestyle and plays a big part in disordered relationships with food. So how can you spot if your own relationship with food is becoming disordered?

As an Eating Disorder Specialist, I must say there is a difference between someone who chooses to be healthy for several positive impacts on their wellbeing, as opposed to someone who develops an unhealthy relationship with food and potentially an eating disorder.

Here are some signs that may suggest your relationship with food or that of a loved one is becoming disordered and needs support:

1. You're constantly thinking about food, calories, what you're going to eat or what you've already eaten
2. You start to determine your self-worth by what you eat – salad means I'm 'good', chocolate means I'm 'bad'. No food is intrinsically good or bad. You need to eat everything in moderation
3. Your body image status begins to change based on what you've eaten. A disordered mindset around food and body image often leads to thoughts such as 'I have put on X amount of weight because I have eaten X today' or 'Because I'm bloated, I must be unhealthy or be eating too much'
4. Lying or deceiving yourself or others when it comes to food. Do you find yourself or a loved one making excuses when it comes to dinner time or eating when you're hungry? Are you ignoring hunger signals?
5. Are you irritable? When we deprive our bodies of food and certain nutrients, we're left feeling empty with cravings, feelings of unease, irritability and often anger. Think about the drastic impact you're putting on your body if you deprive it of food and the nutrients it needs.

Laura Phelan
Eating Disorder Specialist Therapist

BPS member



CHILDREN: SIGNS OF STRUGGLING

As a parent it can feel like a hopeless situation to see your child struggling and not knowing a way to help them through it. The problems that children and young people face vary and can affect them in many different ways. Cyber bullying, social media influences, difficulties in forming and maintaining peer relationships, peer pressure, distorted body image, combined with low self-esteem and confidence are contributing factors to the issues that many of them can face as they are transitioning through life. Some of the common signs that show that they may be struggling with something include:

- ❑ Becoming withdrawn from friends and family
- ❑ Persistent low mood and unhappiness
- ❑ Tearfulness and irritability
- ❑ Worries that stop them from carrying out day-to-day tasks
- ❑ Sudden outbursts of anger directed at themselves or others
- ❑ Loss of interest in activities they used to enjoy
- ❑ Problems eating or sleeping

If you think your son or daughter is unhappy, or if you are worried about their behaviour, it's easy to be hard on yourself and think you aren't doing a good enough job, especially if they are not opening up to you. Being able to talk to someone other than a parent can be a really helpful way of understanding their difficulties. I have been working with children, young people and their families for over 18 years and I believe that the most important factor to facilitate change is a trusting relationship. Taking into consideration the different patterns of relating coupled with being aware that not all children and young people are able to put words to their feelings. I offer a safe, confidential and creative space for children and young people to explore their thoughts, feelings and behaviours which enables them to work through their issues and become more robust in dealing with the challenges that they may face through the journey of life.



Vanessa Aggrey
 Psychotherapeutic Counsellor,
 PGDip Transactional Analysis,
 Psychotherapy, BSc Psychology
 MBACP registered

COMING OUT

'Coming out' is the colloquial term ascribed to the process of letting ourselves and others know who we are and whom we love. It is a journey in which we grow to love ourselves the way we are and in which we grow to love what we have to offer to the world and what the world has to offer to us.

It is rarely a straightforward process and our immediate environment will undoubtedly have a great impact on how it will unfold. Unfortunately, we might still encounter closed-mindedness and bigotry. Or we ourselves might be too identified with censoring and controlling figures in our lives and develop inhibitions when it comes to expressing our sexual and love life.

It is important to note that sexuality does not confine itself to sex or romance only. Freud viewed what he called 'libido' as a psychic energy; a life-force which is instrumental in every aspect of our lives. This, for him, included inter alia, the work environment, academia and friendships. It is for that reason that often, in our clinical work, we find that individuals who are struggling to express themselves sexually and romantically also feel that they are not quite where they want to be career wise.

Inhibitions have a conscious element, but they are mostly unconscious to the individual. In our clinical work, we will first encounter the symptoms which manifest in a sense of stagnation, lack of meaningful romantic relationships, dissatisfaction from work and, in some cases, depression and anxiety.

Our job in psychodynamic psychotherapy is to get to the underlying cause of these symptoms. We need to create an environment that will allow the unconscious to resurface thereby 'un-knotting' the intricate set of identifications and inhibitions that hold us back from realising our full potential.



Amnon Shaked
 Psychodynamic Psychotherapist
 PGDip, MSW, BSW, BA
 BACP & HCPC



MINDFULNESS FOR INSOMNIA

Hypnotherapy can help you quit smoking, stop stuttering, conquer bad habits, or free yourself from fears, phobias and panic attacks. It is a truly remarkable treatment for chronic pain and I use it in combination with MINDFULNESS and Cognitive Behavioural Therapy (CBT) as a powerful way to alleviate anxiety and improve concentration.

The different techniques I use also complement each other well when addressing insomnia - a highly treatable but wretched condition that wreaks havoc with the sufferer's ability to work, play or rest. I can help you adopt behavioural and cognitive strategies that have been proven to increase the chances of getting a good night's sleep. Work on MINDFULNESS promotes a quiet mind that is a prerequisite for rest. And, because self-hypnosis, a technique which can be taught, is inherently pleasant and relaxing, it makes the perfect prelude to sleep.

I worked with a man who wanted help to overcome his pernicious perfectionism. He couldn't stop thinking about every detail. Before we started work, he was perfectly alert but within 30 seconds of entering hypnosis, he fell asleep. I had to wake him before we could achieve our intended outcome, but his nap did highlight the link between hypnosis and the calm and relaxation that leads to healthy rest. He made a connection with himself - he stopped - which is the key to MINDFULNESS.

If you would like to work with me on any issue, please get in touch. I am a Cambridge graduate and in my spare time I enjoy theatre, literature, meditation, and cooking. I would love to know how I could help, and look forward to hearing from you.



Isabel McCan
Cognitive Behaviour Hypnotherapist

MA Cantab

MANAGING WORK-LIFE BALANCE AS A COUPLE

As human beings, we undergo a lot of stress. Life and work-life balance is a huge challenge for all of us. A poor work-life balance negatively impacts, not only in our professional performance, but also performance in our relationships and personal life. The literature suggests that work-life/family conflict exists when time devoted to one role makes it difficult to fulfil the requirements of another.

All couples generally fight over the same five things - work, money, sex, parenting and housework. Most couples argue about these five issues over and over again because these are all stressors that speak to our sense of love and fairness. The National Marriage Project at the University of Virginia report found that husbands and wives who set aside a deliberate time to connect and have fun at least once a week were approximately three-and-a-half times more likely to report being 'very happy' in their marriages.

One of the major issues I face when I counsel couples in difficulty is the balance between their physical and emotional needs and their work demands, which can in turn affect their general and sexual relationship. Talking about getting the balance right can be a bit of a challenge, particularly when dealing with sexual difficulties.

Priorities can be different for each couple, but the common factors in all these problems are lack of communication and the conflict that work can bring to their life and relationship. A couple or individual can find therapy useful to address this imbalance. Therapy helps a couple or individual to find the time to communicate, negotiate, spend quality time together or with others and organise their priorities so that they can achieve a better work-life balance.

Dr Waafa Eltantawy
Gynaecologist,
Psychosexual Therapist &
Couple Relationship Therapist

Professional member of
COSRT, BACP, ISSM & MESSM



HOMEOPATHY, THE RIGHT BALANCE EVERY DAY

We are living in an age where people are more health conscious and educated about what they put into their bodies than ever before. It is therefore not surprising that Homeopathy is gaining momentum around the world, as people awaken to the positive benefits of this safe and effective holistic medicine.

What is new is the momentum created by successful case studies from around the world highlighting how effective homeopathy has been in treating an extensive range of acute or chronic emotional and physical ailments such as anxiety/panic attacks, anger issues, IBS, insomnia, grief, depression, auto-immune conditions, allergies, eczema, asthma, menstruation or fertility problems, pregnancy symptoms and digestion issues.

Unlocking the causes for any emotional or physical ailments in monthly appointments enables the prescription to be repertorised to the individual's needs – and this is what makes homeopathy so powerful in enabling a long-lasting curative process. Homeopathy is not about suppressing emotions or physical symptoms. Instead this holistic medicine helps people move past old emotional roadblocks or physical conditions.

I experienced this first hand when I started my journey with homeopathy nearly 20 years ago. Having been treated unsuccessfully with allopathic medicine for a skin condition, my first appointment with a homoeopath was a revelation. Within two months, I was cured of a skin condition that allopathic medicine had only worsened over two years. I know homeopathy works. I have seen it for myself and the countless patients I have successfully treated at my clinic. The secret to a happy and healthy modern life is about getting the balance right and homeopathy represents that perfectly.



Helen Ommanney-Terry
Homeopath

BSc (Hons) LCHC RSHom

BIOMAGNETIC PAIR THERAPY & PH BALANCE

Biomagnetic Pair Therapy, also called Medical Biomagnetism, is a natural therapy that proposes re-establishing the normal internal cellular environment through the use of pairs of magnets of medium intensity that seek to equalise the organism's pH level.

Bacteria and parasites tend to live and grow in an alkaline environment, while fungus and viruses tend to live and grow in an acidic environment. It is much more difficult for illnesses to develop in a cellular environment with a balanced or neutral pH level.

In Biomagnetic Pair Therapy, a set of magnets (positive and negative polarity) are applied to the selected area where a condition has been identified. The magnets encourage a neutral pH state, reducing the breeding and growth of pathogens, helping to remove them.

Typically, between four and six sessions are sufficient to achieve complete healing of minor conditions. Chronic or degenerative conditions will require additional sessions. The magnets that are used are passive and are not connected to any electrical machine.

Pema J. Varela is a wellbeing therapist with extensive training in a range of disciplines including BPT, Naturopathy and Facial Acupuncture. She is currently studying Microbiology to deepen her understanding of pathogens. In a session, Pema will focus on BPT and also draw from her in-depth knowledge of a range of therapies to produce a holistic approach to your health concern with the aim of bringing physical and emotional wellbeing back into your life.

Biomagnetic Pair Therapy has been used to treat acne, allergies, Alzheimer's, anaemia, anxiety, autism, cancer, Candida, diabetes, digestive disorders, emotional and mental imbalances, eczema, Lyme disease, fibromyalgia, chronic fatigue, fungus, herpes, hepatitis, infertility, low energy, migraines, MS, parasites, pH imbalance, psoriasis, sciatica, sinusitis, skin disorders, stress, ulcers, thyroid issues and much more.



Pema J. Varela
BioMagnetic Pair Therapy

CMBM accredited





THERAPY HARLEY STREET

Psychotherapy, Counselling & Well-being

WOMEN'S GROUP

Led by Bárbara Godoy



An exploration into the meaning of being women to find nourishment, support, relaxation and inspiration

Summer Term

10 weekly sessions Tuesdays 7pm to 9pm
Next opening evening 10th July 8pm (free of charge)

DYNAMIC MEDITATION

Led by Bárbara Godoy



The principle is that meditation is observation, having a busy, confused mind makes observation very difficult. Let your mind blossom.

Spring Term

Tuesdays & Thursdays 8am-9:20am
Ongoing

PROFESSIONAL EXCELLENCE & AUTHENTIC HUMAN CARE

Psychotherapy & Counselling



Clinical Psychology, Existential Psychotherapy, Integrative Psychotherapy, Child & Teens psychotherapy, CBT, EMDR, Psychosexual psychotherapy, Life & Executive Coaching

CREATING SUSTAINABLE BREAKTHROUGHS IN

Health, Fitness & Vitality



Acupuncture, Bioenergetics, Hypnotherapy, Biomagnetic therapy, Craniosacral Therapy, Posture alignment, Nutrition & diet, Homeopathy, Physical fitness for optimum performance

ONE-DAY WORKSHOP FOR P.A.

CARING
for the
CARERS
12th July

ENQUIRIES & BOOKINGS

020 7289 5656

info@therapyharleystreet.co.uk | www.therapyharleystreet.co.uk

10 Harley Street, London W1G 9PF



THERAPY HARLEY STREET
Psychotherapy, Counselling & Well-being

10 Harley Street
London W1G 9PF

ENQUIRIES & BOOKINGS

020 7289 5656

info@therapyharleystreet.co.uk
www.therapyharleystreet.co.uk