

Upcoming Events

We have several events going on! We are excited to announce the following:

Control your thoughts -
Wednesday 18th Sept @
3pm

Therapists Supporting
Therapists group - 4th Oct
@ 9am

Menopause workshop -
Saturday 21st September

Welcome to our AUGUST NEWSLETTER

Breaking through the
NHS red tape!



6 Benefits of Mindfulness



Our visit to Grapevine



A milestone for TLC!!

We are very excited to announce that TLC have been invited to promote our services within Chesterfield Royal Hospital (CRH). Anyone that knows the NHS will know that there is A LOT of red tape preventing NHS services from recommending and signposting to private therapy organisations.



As a private organisation, that offers the highest quality services by professionals with the highest standard of registration in our field, we knew that we could be an asset to the NHS and their patients. It is no secret that the waiting lists for NHS therapy services and the charities that they signpost to are incredibly long - some as long as two years. So it pained us to think that these patients were not being offered the possibility to access TLC.

Having a presence in CRH is a big deal to us here at TLC! We have a wonderful and talented team and we have finally been recognised for our hard work and high standards!

If you are visiting Chesterfield Royal Hospital, look out for cards and leaflets.



MEET THE TEAM



Lindsay
Student
Psychotherapist

Lindsay is currently in her second year of her Psychotherapy degree at the University of Derby.

As a Person-centred therapist, Lindsay focuses on facilitating a supportive, non-directive and structured relationship with her clients to aid self exploration and reconnection with their values.

Lindsay has experience working with situational depression, anxiety and adjustment to life events.

As a student, Lindsay offers reduced fee therapy sessions either face-to-face at our clinic or online.

Interested in accessing therapy with Lindsay?

Book a free 15-minute consultation with a member of our team:
[therapylifestyleclinic.co.uk](https://www.therapylifestyleclinic.co.uk)



We had the honour of visiting our friends at Grapevine Wellbeing Centre, in Buxton last month.

Grapevine Wellbeing Centre offers support for anyone that may be struggling with their wellbeing or mental health. With a continuous stream of groups and workshops being offered that cover issues from clinical mental health disorders to drug and alcohol use and decluttering.

We were invited to offer a workshop on Obsessive Compulsive Disorder (OCD). Our Lead Psychotherapist, Sian took the reigns on this one due to her vast knowledge of the origins, presentations, stats and treatment of OCD.

The workshop aimed to help people understand what OCD is (and isn't), how it may present and how we can support someone we know that may be struggling with OCD.

We look forward to visiting Grapevine Wellbeing Centre again soon. Keep an eye out for our next workshop!



@Therapylifestyleclinic
Therapy & Lifestyle Clinic

OCD - Obsessive Compulsive Disorder

Do you want to learn more about OCD, how it can affect a person's daily life, its causes and what tools are there for managing the condition?

Thursday 25 July
6:30 pm

To book your free place go to Eventbrite
<https://bit.ly/4b1xaMH> or
email grapevine.janis@outlook.com



With Sian Spencer-Bray
Clinical Director and Lead Psychotherapist
from Therapy and Lifestyle Clinic



New workshop: All things Peri & Meno



Meet Maxine! Maxine is a Qualified Lifestyle Menopause Practitioner and Wellness Coach.

With 25 years experience, and as a mid-life woman herself, she can really understand how your body may feel like it no longer belongs to you.

Her aim is to give you the confidence and knowledge to improve your health.

Menopause and peri-menopause

Menopause, the stage when the ovaries completely stop producing reproductive hormones, and there are no monthly periods for consecutive twelve months. But what does the reduction in these hormones actually mean?

It means changes to how our body functions, resulting in over **54 new symptoms**. Menopause symptoms aren't just one thing. To put it simply, when our systems are unbalanced and overworked, we may start to experience symptoms. What used to work for us before (diets, exercise...coping strategies) no longer does.

Our workshop

This workshop is for **anyone in their late 30's and beyond**. You may be early perimenopausal or been experiencing symptoms for some years.

Maxine unpicks the confusion of the mid life years, and you'll leave with evidence based, actionable tips to implement, manage, decrease, and alleviate all of your symptoms, from hot flushes, poor sleep, joint pain, anxiety, weight gain, either instead of, or alongside HRT.

We learn about **oestrogen dominance**, what that means (usually weight gain around the belly!) and how we can combat it. **How our liver and gut play a massive part** in how our menopause symptoms play out. We explore how the **type, timings and amounts of food and exercise** can impact our symptoms and how **lack of sleep** can increase symptoms too.

You'll come away from this workshop feeling informed and ready to take on your menopause years, with advice, motivation and empowerment to help manage all of your symptoms.



Some of these changes can be felt within days!

There will be an opportunity to ask questions and gain support from others on the same journey. With the right information and a little support it just might be easier than you think.

Get in touch to find out more:

01246 954005

Hello@TheTLC.uk

Or book online:

www.therapylifestyleclinic.co.uk



6 Ways We Can Benefit From Mindfulness

Many people practice mindfulness for the way it benefits them mentally. But did you know that taking up the practice can actually make you feel better physically, too?

Fascinating new research on the science behind mindfulness is proving that being tuned in can have a profound effect on our bodies as well as our brains.

Stress has been linked to almost every ailment imaginable, including heart disease, high blood pressure, gastrointestinal difficulties, chronic pain, and more. But by training your body and brain not to flip into fight-or-flight mode (which triggers the release of neurochemicals that tell your body it's time to exit — or attack), being dialed in can dial down the hormonal response and, thus, lead to healthier outcomes overall. In addition, tamping down on stress helps us to slow down and make more careful considerations, which ultimately sets us up to engage in more healthful decisions.

Finally, being present inspires us to pay attention to our bodies, so we're more apt to notice when something's just a little off, before it spins out of control. While nobody's suggesting meditation over a trip to a medical professional, there are many ways that staying in the moment can keep you safe. Here are six science-backed health benefits of mindfulness..

1. It helps control blood pressure.

A study done at Brown University found that mind-body training significantly improved people's ability to regulate their emotions; it also helped lower their blood pressure readings.

2. It moderates migraine pain.

The results of one randomised clinical trial found that 16 weeks of an evidence-based program of



mindfulness-based stress reduction (MBSR) followed by biweekly MBSR treatment for another eight weeks was more effective in reducing the number of migraines than another type of stress management program was. Also interesting to note: MRIs of the subjects' brains actually showed changes in those who took part in the MBSR program, while those who did not participate displayed no difference. Other being-present programs may help as well. One study found that subjects had fewer migraines with less intensity and they needed fewer drugs when they participated in a yoga program.

3. It reduces the symptoms of irritable bowel syndrome (IBS).

Recent research out of the University of Oxford found that after mindfulness-based cognitive therapy, patients with IBS experienced a 13 percent reduction of symptoms and a 28 percent reduction at follow-up compared to a control group.

4. It conserves cognitive function.

Researchers compared the brains of participants who had practiced meditation for at least a year to those of a control group. They found

that those who said om (the common chant and sacred sound often heard in western yoga practices to deepen meditation) had increased activity in parts of the brain involved in memory compared to those who didn't meditate.

5. It lessens chronic pain.

A study of fibromyalgia patients found that more than half use alternative treatments, such as meditation, massage and vitamins in addition to meds. Compared to just the medication alone, a combined approach resulted in less pain and better quality of life.

6. It improves the immune response.

A study found that those who participated in forest bathing — a slow, deliberate walk through a dense forest while tuning into the surroundings — had a spike in blood levels of natural killer cells. Researchers credit phytoncides, airborne chemicals released by trees that protect foliage from microbes and also help stimulate humans' immune systems.

So, what are you waiting for? Find a moment to be mindful and improve your physical and mental self!