

ARRIVE THERAPY®



Hello! Here's some news from me, Kathy, which I like to share with past, present and potential clients! Just let me know if you'd rather not receive these quarterly mailings.

Summer 2021 was taken up with a much-needed holiday with the family, as well as some fascinating CPD with NICABM (the National Institute for the Clinical Application of Behavioural Medicine) on Polyvagal theory. You can read more about this theory [HERE](#).

In Sept, I did a self-hypnosis exercise for relaxation and bodily functions - eg incontinence, which was requested by a client. It's always worth trying to optimise the control you do have over your mind and body system. (Click [HERE](#)). And (unusually for me, managing two podcasts in a month!), in the Hypno-CBT podcast, I spoke about burnout, how it relates to autonomic nervous system states and how we can stop burnout in its tracks!

Listen [HERE](#).

ARRIVE THERAPY®



I was also honoured in mid-Sept to be invited to speak at the National Hypnotherapy Council's conference (online, this year!), training therapists on the subject of being neurodiversity-affirming. It was nice to liaise with therapists from abroad as well as in the UK. If the talks will be released to the general public in due course, I look forward to sharing it with you!

I am very much looking forward to Autumn as it gets underway – incidentally, many clients are still preferring telehealth over face-to-face, and it's a medium I am extremely happy to work in. There's very little you can't do via telehealth, and I believe the working alliance with clients is just as strong. Read more [HERE](#).

Wishing everyone well – and here's a top tip for your-self development! Try journaling and writing down your innermost thoughts – your prompt on this occasion is to write down what you're proud of yourself for doing or being. Gratitude and self-compassion are key to self-development! **Kathy x**