

Arrive Therapy

SUMMER 2023 NEWSLETTER

CHECK OUT THE RECENT, FREE PERSONAL STUDY RESOURCES AT:

[HTTPS://WWW.ARRIVETHERAPY.CO.UK/STUDY](https://www.arrivetherapy.co.uk/study)

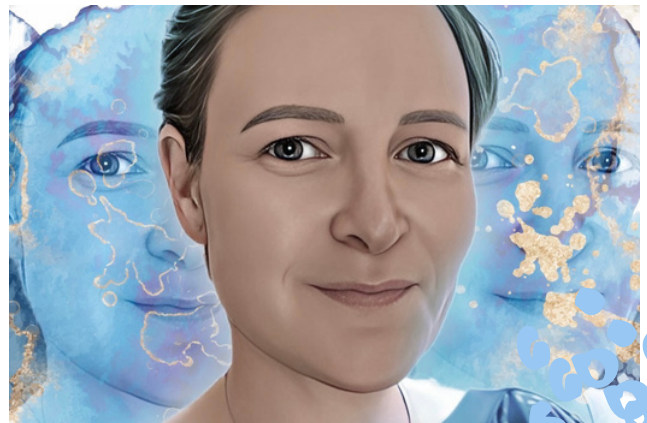
FEATURING: KARPMAN DRAMA TRIANGLE; MASK MAPPING, COGNITIVE DISTORTIONS, NARCISSISM AND CODEPENDENCE, & MORE

PODCASTS & CREATIVITY

It's been a busy year so far! I haven't found much time for my own creativity, but I do try to make time for it where possible. Is that something you manage?

I enjoy guesting on podcasts - within the last year I have guested on Claire Jack's [HypnoHub](#) podcast for therapists, which is a members' only podcast, as well as the 'Neurodivergence and Mental Health' [podcast](#), which has been one of the most popular with listeners!

I am also delighted to report that I have been commissioned to write a feature for one of the UK's leading therapy magazines, Therapy Today, on the links between addiction and neurodiversity, out closer to Xmas; and I have also contributed a chapter to an as-yet-unnamed book for therapists. It's a great experience to collaborate with other like-minded folk; I find that being creative is great for our mental wellbeing, supporting our own growth & confidence.
arrivetherapy.co.uk



DIARISING

Thanks to my valued clients for supporting me through some diary changes, which start in Sept 2023. I am fortunate enough to provide counselling at both a rehabilitation facility and a junior school, which means my own private practice hours are limited! My new availability will be Mondays, Tuesdays and weekends. Currently there's very little availability for new clients, I am afraid. I WISH ALL MY CLIENTS AND CONNECTIONS WARM AND HEALING WISHES, AS WE NAVIGATE OUR HEALING JOURNEYS!

