

FREE MAGAZINE  
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winter/spring 2026



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loneliness abuse fear

HEALING

depression addiction  
parenting grief ADHD  
life changes eating disorders

IN THE ROOM  
*Bloomsbury*



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# IN THE ROOM

This story begins with a crisis - mine and my daughter's.

At eighteen, she could no longer face school. Tears kept her hidden in her room, unable to step outside. I was hurting too: exhausted, financially stuck, and emotionally drained. For months I held her close, listening to the fragments she managed to share. When the doctor prescribed medication, she warned that the first weeks would be even harder. I stayed by her side constantly.

At the same time, I was searching for a change, somewhere to breathe. I dreamed of opening a space for therapists, though I had little money and plenty of doubt. Still, I asked her to come with me to see a couple of places. The moment she walked into one of the rooms, her eyes lit up. In that instant, my hesitation vanished. I told her, "Let's do it."

That room became our sanctuary. Together we shaped it with care, imagining what each client would need to feel safe and calm. It became a refuge, a place where we grew stronger, more hopeful, and deeply connected.

I wasn't carrying her anymore; we were carrying each other.

Healing unfolded there. Every practitioner we welcomed added to its spirit, building a team devoted to nurturing others. Their wisdom and compassion gave Harvest Therapy its unique character. The room became more than four walls, it was a space to speak, to reconnect, to grow, to harvest.

We hope "In the Room" will offer a bit of that spirit.

Gisela & Luna

Founders of Harvest Therapy & In the Room

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# ACCEPTANCE: Finding Space In Life's Transitions



By ELENI KALVOU McDERMOTT,  
Integrative Life Transitions Counsellor

Life is full of transitions — some expected, others surprising. Changes in career, relationships, health, or personal roles can leave us feeling unsteady. Often, people hear: "You just need to accept it."

But acceptance isn't something that can be forced; it's a process that unfolds gently over time.

## UNDERSTANDING ACCEPTANCE

Acceptance is not agreement or resignation. It is the acknowledgement of your thoughts, emotions, and experiences without denial or self-judgement. During transitional phases, it can be tempting to rush towards resolution, but pausing to explore what lies beneath the surface helps you understand how change affects your identity, security, and sense of belonging.

## CREATING SPACE FOR EXPLORATION

You don't have to have it all figured out. Allow yourself a compassionate space to feel uncertainty, anger, sadness, or relief. This helps you to:

- Recognise and validate your emotional responses
- Understand attachments and meanings tied to change

- See new perspectives without pressure to "be okay"

Acceptance emerges naturally when approached with patience and self-compassion.

## RECONNECTING WITH YOUR OWN AGENCY

Transitions can feel overwhelming. Acceptance allows you to regain a sense of control over how you respond to events. By observing your thoughts and emotions, you can choose what to hold onto and what to let go of. In this sense, acceptance is empowering rather than passive.

## MAKING PEACE WITH UNCERTAINTY

Uncertainty is uncomfortable, but by practising mindfulness and self-reflection, you can tolerate not knowing and discover inner resilience.

## ACCEPTANCE AS A JOURNEY

Acceptance is rarely a single moment; it unfolds gradually. Meeting yourself with curiosity, rather than judgment, allows acceptance to grow at your own pace.

True acceptance is less about "should" and more about "being". It is a compassionate recognition of who you are and where you are, even amidst change.



# MAKING MEANING FROM TRAUMA



By ANOUSHKA BEAZLEY,  
Transactional Analysis Psychotherapist

## A woman opens the door without knocking.

She confidently enters my therapy room and sits in the chair opposite mine. Her name is Estrella, a forty-one-year-old commodities trader, married with a young child. I explain that I am expecting another client and that if she leaves me her details, I can get back to her. She informs me that the woman, Sophia, who I am waiting for, is her. Sophia is her middle name. It was not uncommon for new clients to be hesitant in the first session, but it struck me as interesting that Estrella had used another name in her written and verbal communications before we met. She was tall, immaculately dressed, accessories to match. She was polished, like an adult prefect. No, perfect. That was it, the word in my head. Estrella had come to therapy because a friend had suggested it, but now, being here, she says she thinks it may have been the wrong decision. I ask her how she knows so quickly. We talk about her work, which is going well; she is extremely good at her job. We talk about her marriage, which is wonderful; she is very happy. 'I have a perfect life.' There's that word again. Estrella is nothing if not convincing. Now I am starting to wonder why she is here. I notice she is on the edge of her seat for most of the session, but despite feeling as if she should not be there, the time is up, and Estrella has not stopped talking for fifty minutes.

Though part of me expected Estrella to cancel, she did not. In our second session, she says that she knows trauma is one of my specialisms, but that she does not have any. Estrella believed that trauma was a condition reserved only for those from war-torn countries or who had suffered a life-threatening physical accident or injury. She was more than a little surprised to learn that trauma can be relational and that multiple incidents can create complex trauma and accumulative trauma. She was also shocked to hear that sustained and inflicted distress on an individual can lead to developmental trauma. Estrella became thoughtful, though still insisting that this did not resonate with her life. She had loving parents and a happy childhood. I caught myself asking questions with my analyst's mind. What did loving mean for Estrella, and what does happy mean for her today? For some reason, despite her manicured presentation, I could not help but feel a sadness emanating from her. Something behind her eyes.

Estrella continued coming to therapy and seemed to end most conversations by saying that she didn't really need therapy.



That was until we spoke about Childhood Emotional Neglect. I explained that though I hear that she had a privileged and, in many ways, idyllic childhood, I found it hard to get a sense of her parents and how she felt about them. It was at this point that Estrella opened up about her jaw pain - the reason her friend had suggested therapy in the first place. Estrella's colleague at work had experienced TMJ (Temporomandibular Joint) pain herself and now knew that underlying and persistent stress was a common cause of the condition. Estrella had been locking up stress in her jaw, leading to teeth grinding and headaches. We slowly began to speak about areas in her life where things might be less than perfect. Estrella started to uncover more body memories: she suffered from gut and stomach pain and lower back issues. She started to reveal her feelings of emptiness, of never feeling good enough. She was managing a constant fear and anxiety that seemed to always be with her, and a deep sense of shame that someone so accomplished could feel any of these things. Estrella came to understand that her trauma was buried in her implicit memory networks and, because she had few explicit memories, she had long convinced herself that she had no reason to be feeling the way she did. Her body buried her feelings in physical symptoms.

Coming to recognise  
her trauma as  
childhood emotional  
neglect was the first  
step for Estrella  
in stepping into her life  
as it is today and  
creating real meaning  
for herself.

It was also the first step to healing and integrating her physical body with her emotional body.

Estrella now introduces herself as Estrella.

# Grief, Loss & The Body: MOVING THROUGH ABSENCE



By MARIA TROUPKOU,  
Movement Psychotherapist  
& Somatic Therapist



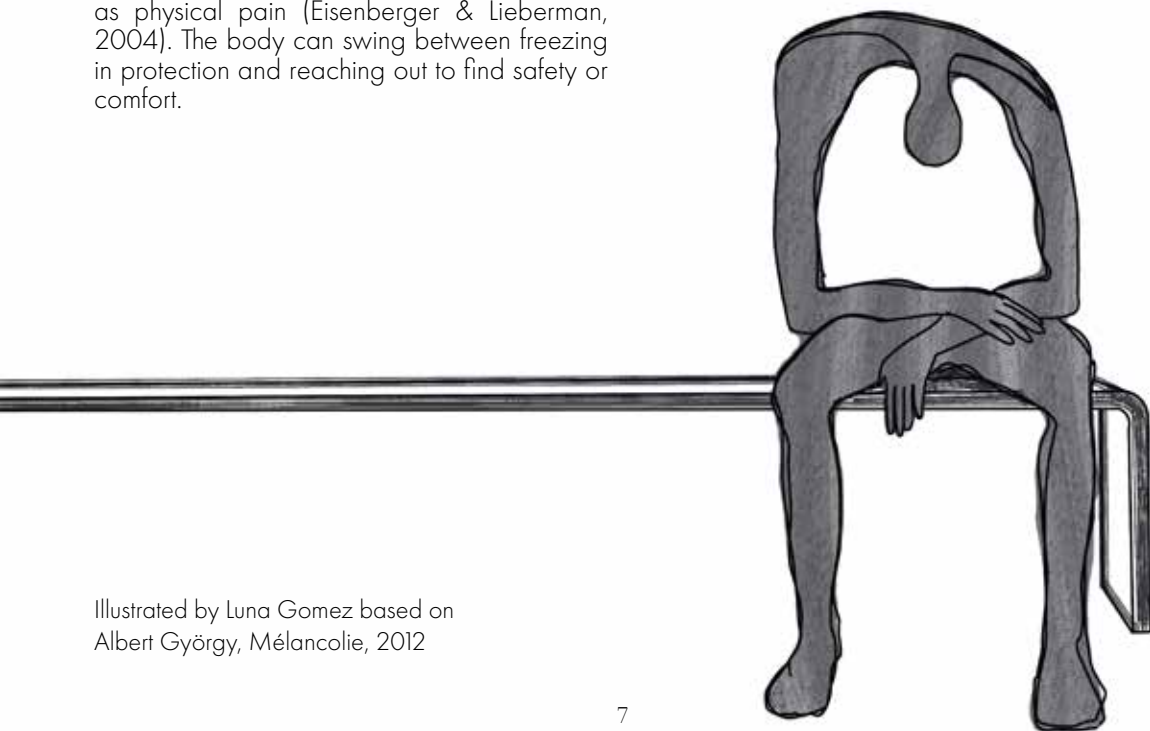
# Grief is not confined to the mind but lives deeply in the body.

When we face loss, whether it's death, separation, change, or transition, our bodies carry it in their rhythms, gestures, and silences. Shoulders may collapse inward, movements slow, or breath shorten, as if the body withdraws to protect itself. Grief touches every layer of being: heartbeat, muscles, digestion, sleep, breath. It lives in the way we occupy space and connect, or struggle to connect, with others.

Loss changes how we live in and move through the world. Our bodies feel this change long before our minds can understand it. In times of grief, movement often reflects what is happening inside us. Some people curl inward, feeling heavy and still. Others become restless, moving as if searching for what is missing. These reactions are part of the body's natural response to shock and change. Research shows that emotional pain activates the same areas of the brain as physical pain (Eisenberger & Lieberman, 2004). The body can swing between freezing in protection and reaching out to find safety or comfort.

Grief also has a rhythm. It comes and goes in waves: tightening, softening, collapsing, rising again. As Erin Manning (2009) reminds us, "the body moves not to arrive, but to keep becoming." Through grief, our movement slowly adjusts to a new reality. The body learns a different way of being, one that carries both the weight of what is lost and the beginnings of something new. Making sense of loss is not just about thinking; it is about feeling, sensing, and allowing the body to guide us through the changes that follow.

Supporting ourselves through grief begins with noticing. Gentle attention to the body; its posture, breath, and pace, can offer a way to stay connected. Taking time to move slowly, stretch, walk, or sway allows the body's natural rhythms to re-emerge. Grounding through the feet, breathing deeply, or simply allowing stillness can create moments of safety and presence. Writing, drawing, or moving to music may help express what words cannot. There is no right way to move through grief, only the invitation to listen to the body's quiet wisdom as it learns, step by step, to live alongside loss.



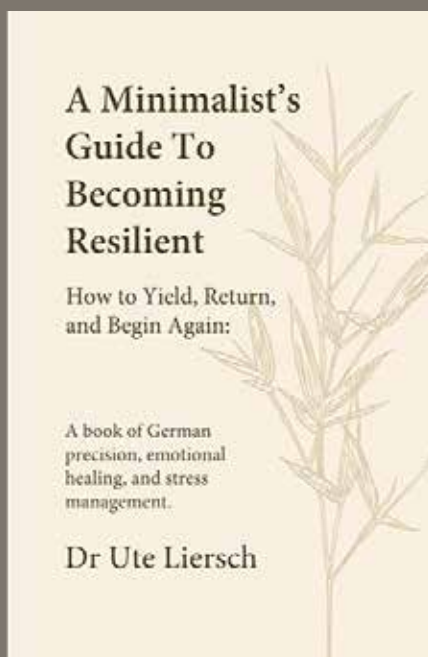
Illustrated by Luna Gomez based on  
Albert György, *Mélancolie*, 2012

# Book Q&A

*With* Dr Ute Liersch

## A MINIMALIST'S GUIDE to BECOMING RESILIENT

If you are ready to break free from defensiveness and toxic patterns, this is the book you'll want by your side.



At Harvest Therapy, we are always inspired when one of our own practitioners shares their expertise beyond the therapy room. Recently Dr Ute Liersch, Chartered Counselling Psychologist & Chartered Coaching Psychologist, published her first book that distils her daily practice into accessible tools for resilience and nervous system regulation. We had the opportunity to ask her some burning questions about the inspiration behind the book, the personal experiences that shaped it, and the practical ways it can help readers navigate life's chaos. What follows is a candid conversation that reveals both the heart and the structure of her work.





### HOW WAS THE IDEA FOR THE BOOK BORN?

The book began in my clinic and workshops. Week after week, I watched brilliant, capable people crumble under pressure. Not because they were weak, but because no one ever taught them how to work with their nervous system. I kept thinking: "We need something simple. Something human. Something that actually works in busy lives."

So I wrote the backbone of what I teach every day: distilled, minimal, and steady. A book that helps people breathe again.

### IF YOU HAD TO DESCRIBE THE BOOK IN A FEW WORDS, HOW WOULD YOU DESCRIBE IT?

A calm, intelligent companion for real life. A minimalist tool-kit for when life gets loud. Accessible micro-trainings for a steadier nervous system and a wiser life.

### DOES THE BOOK REFLECT YOUR PERSONAL HISTORY?

Yes! But in a quiet way. Everything I write is shaped by the woman I've had to become: resilient, centred, and very familiar with rebuilding under pressure. I don't tell my whole story, but the book's tone carries its truth.

### THE STRUCTURE HELPS YOU ABSORB THE CONCEPTS. HOW DID YOU ACHIEVE THIS?

My mind works in systems. Years of therapy

work, leadership consulting, and teaching have shown me that people learn best through rhythm: small pieces, repeated steadily. The structure mirrors that: short chapters, one idea at a time, micro-practices that land in the body. It's designed so you can read a page, take a breath, and actually make a change.

### YOUR HUMOUR IS A BIG PART OF YOU. WHY DIDN'T YOU INCLUDE IT?

Because my humour is... specific. I've done stand-up comedy courses and even a few gigs, but my humour is extremely situational: shrewd, slightly dark, and very embodied. The kind where you need the eyebrow, the pause, the whole nervous system. It does not translate well onto paper or e-paper.

### HOW DOES THE BODY AND EMOTIONS SHAPE RESILIENCE?

The body doesn't "support" resilience. Your body is the foundation. Your nervous system decides a lot: how you think, how you speak, how quickly you recover, whether you can stay present or collapse into overwhelm.

When your body is steady, your life becomes steadier. Emotions flow more cleanly, choices sharpen, and you stop performing resilience and begin to inhabit it.

### WHO WOULD YOU RECOMMEND THE BOOK TO?

This is for anyone dealing with life's many flavours of chaos (be it grief, burnout, overwhelm, or intense pressure) who doesn't know where to begin finding a way forward.

Anyone who wants to feel less reactive, more centred, and more themselves again.

Anyone who needs a simple, grounded way back to their own authority.

### ANYTHING YOU WANT TO ADD?

Yes! Find me on Instagram and YouTube, where I share micro-trainings and small, steady perspective shifts. And if you haven't yet: get a copy of the book. I wrote it with you and your nervous system in mind.

Youtube: @DrUteliersch

Instagram: @dr\_ute\_

The Context Of Us:

# COUPLES PSYCHODRAMA FOR AUTHENTIC CONNECTION

By ALEXA EDELIST,  
Psychodrama Psychotherapist



Couples commonly enter therapy with the hope of resolving age-old patterns of attack and defence. There is usually a particular issue or tension each party believes will evolve in their favour or magically evaporate

if only the other can FINALLY  
understand that they are in the wrong.

Based on the concept of role (the way in which we function in any given moment) psychodrama helps couples identify the roles they embody in relation to one another, and which of these roles hold the beliefs driving problematic behaviours. Roles come in all shapes, sizes and functions. Roles may involve enabling or blocking verbal, sexual, and romantic connection. They may include home-making, cohabiting, co-parenting, provoking anger or becoming enraged, disappointing or feeling disappointed, as well as the everyday acts of eating, sleeping, cooking, creating, and disconnecting.

An individual in one-to-one therapy may examine her “role repertoire,” but she remains central to the context of each presenting issue, whether it is a work dispute, marital breakdown, or internal battle of competing priorities. Alongside her partner, however, she is invited to be curious not only about the roles she holds in relation to her partner but also about how her partner’s “role repertoire” converges with and diverges from hers to create the presenting problem.

As early as the first session, I may invite both partners to “concretise” the roles they embody in their lives, both separately and in relation to one another, choosing small objects to represent each role and arranging or “sculpting” them on a coloured backdrop. This simple yet dynamic process often loosens the tense, headache-inducing stuckness that comes from couples articulating the same old, same old. Psychodrama’s founding father, J. L. Moreno, believed that every therapeutic intervention must start in the present. I hold true to this, emphasising that clients concretise their inner and relational worlds in the here and now. Putting the present inner world outside invites a different kind of thoughtfulness in the moment, which, ultimately, is the only one we have the power to face afresh and anew.

That said, as the therapy unfolds, an action-based investigation into both partners' past experiences of attachment, and their roles in their families of origin is tremendously valuable. Asking each couple-client to choose small objects to represent themselves, parents/parental/attachment figures, and siblings at a particular age, and to place them, again with intention, on a small backdrop allows us to see how age-old roles and relating patterns may be transposed onto the current relationship.

Offering dedicated space for each person to share this work uninterrupted (and to listen without interrupting) invites the spontaneous reflection and thoughtfulness often lacking beyond the consulting room.

In subsequent sessions, we may create each partner's genosociogram - a therapeutic family tree which often includes connections and relationships beyond the biological and/or adoptive family. Every genosociogram is, in its own way, completely wondrous: an extraordinary web of loves, losses, unions, professions, loyalties, betrayals, and a host of other threads central to the tapestry of how we arrive in intimate relationships. I take a whole couple's session to draw one partner's genosociogram whilst the other watches, and in the next session, they swap. Each partner is invited into the role of curious observer to the other, as well as uncovering new insights about their own responses and their origins.

## Psychodrama only values insight in the context of action.

This occasionally means big decisions and seismic change but, more often than not, it's a gentle shift in perception of self and/or other, a gradual, nuanced re-choreographing of the dance to shape a more empathetic and balanced narrative, whatever this may look like. As therapy progresses, psychodrama continues to support this function. Psychodramatic couples therapy is not generally a space to garner support for

your own position - although there are important exceptions. It is an opportunity to experience your relationship from a range of perspectives you may never have even considered, so that you may become more spontaneous and creative in your own stance.

Could you step into your partner's shoes and speak from their role? Could you take the role of your child and, as her, voice your experiences of your parents, their disputes and the effect on you? Could you reverse roles with your rage? Your sadness? Your expectations? Those of your partner? Or, indeed, listen to them speak as you?

The immersive, dynamic experience of encountering oneself, others and the world in this way has one core aim with couples: to unstick the same old sticking points and, where there's a will, to uncover a whole new way of moving together (or apart) that honours each individual and shared histories in the mix.



Illustrated by Luna Gomez

# ATTACHMENTS:

## From Insecure To Secure

By  
DR. MARWAH  
BAHLOUL  
Counselling  
Psychologist



It is a universal human desire to seek intimacy, be it romantic, platonic, or familial. This inherent craving for connection exists alongside an innate fear of emotional pain. To allow oneself to care deeply about another person requires vulnerability, presenting the risk of betrayal, abandonment, or judgement. Yet, this same vulnerability is what enables the development of profoundly fulfilling relationships.

Many individuals long for this closeness but are simultaneously afraid of being hurt. This internal conflict manifests in push-and-pull dynamics: we might retreat when proximity is offered or cling tightly when we perceive a threat of loss. These patterns are typically rooted in our attachment styles - the emotional blueprints established during our earliest relationships that largely reflect our formative years and the strategies that helped us feel safe as children.

Our attachments are refined by later relational experiences. Insecure attachment implies an inability to feel that fundamental safety within a relationship, a state that often results in persistent anxiety, fear, or emotional avoidance, and is linked to low self-esteem and unstable relationships.

Conversely, secure attachment does not signify a perfect relationship, but rather that it functions as a safe haven. It is strongly associated with overall happiness, self-confidence, and emotional resilience, enabling us to forge meaningful bonds with others and navigate challenges more productively.

Here are some ways to go from insecure attachment to secure attachment:

- \* Emotionally corrective experiences in therapy: Repair occurs through healthy, predictable, and safe interactions. The therapist supports co-regulation.

- \* Have a healthy, secure relationship in adulthood: The secure partner provides consistency, emotional availability, and healthy boundaries. This experience teaches that it is possible to be close and safe.

- \* Learn to self-regulate (neurological rewiring): Through emotion-regulating practices and strategies, the brain can learn new patterns and "rewire" emotional responses and reactivity.

- \* Behaviour - replace old patterns: Deliberately and consistently practise healthy communication, doing the opposite of what your instincts tell you to do (e.g., rather than withdraw from others, move towards them, or resist the urge to pursue when anxious).

- \* Choose healthy coping strategies rather than defensive strategies.

- \* Re-parenting yourself: Identify your emotional needs and respond accordingly (inner child work, self-compassion, self-trust, etc.).

- \* Treat trauma: Insecure attachment is often a result of trauma, and addressing the trauma can help regulate over- and under-reactivity associated with insecure attachment.

- \* Community and social involvement: A sense of belonging, stability, and feeling supported by others around you fosters healthy attachment.

It is widely understood that when emotional wounds are formed within a relationship, a significant part of the healing process must also occur in that context. However, it is entirely possible to work on your insecure attachment as an individual, though doing so without professional guidance is often more challenging. The effort is worthwhile, as it can lead to the deeply rewarding experience of forging secure and meaningful connections with others.



# EATING HABITS: Our Relationship With Food

By DELFINA KRAUSE,  
Psychologist, Psychotherapist & Coach

## COGNITION

The core beliefs we hold about ourselves deeply influence our eating behaviours. Events or situations tend to trigger certain emotions because we interpret them through the lens of our core belief system. For instance, if we start a diet with the assumption “being thin will make people like me more”, because underneath we hold the belief “I’m not enough”, when we break the diet, the thoughts arising might be “I failed again”, reinforcing an unhelpful core belief we already had and contributing to a cycle of preoccupation with food.

## AFFECTION

We eat to celebrate, soothe anxiety, or even to procrastinate. Food often acts as an emotional regulator. When we struggle to process or tolerate emotions effectively, we might find ourselves over-relying on food, for instance, overeating or starving. This creates a codependent relationship that destabilises our eating habits and body image perception.

Reconnecting with what we feel in our bodies is the first step toward building a more constructive relationship with food.

## BEHAVIOUR

Eating habits might seem automatic. We usually start paying attention to them when they cause some sort of discomfort. One approach to change is imposing restrictions or external rules, such as food labelling (good vs. bad), calorie limits, or rigid schedules to control our eating, which ultimately leads to a dissociation from our emotions. Instead, small, mindful changes, like pausing before eating, can make a big difference over time. Flexibility and patience matter more than rigid rules.

## MOVING FORWARD

Sustainable change begins with understanding. By addressing the emotional, behavioural, and cognitive layers of eating alongside sound nutritional guidance, we lay the foundation for healthier habits and improved well-being. Progress is gradual, but each step toward awareness and balance strengthens our relationship with food and our body.

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# DIFFERENCE AS STRENGTH: Building Inclusive Futures

By JEFFREY SAMUELS,  
Integrative Counsellor , Neurodiversity



## TALENT AND FLEXIBILITY

Businesses survive and thrive on talent. And oftentimes, the most talented person is also the most disruptive and challenging to work with.

I remember when I first started working, there was an employee who worked different hours to the rest of us, because he could not get up in the morning to be in the office on time. When it became apparent that the employee would never arrive on time, the employer set the employee's working day to start and finish an hour later.

When the rest of us went down to the pub to have an after-work drink, he continued working until he joined us an hour later. This was in 1978, long before flexible hours or remote work were accepted. Adjustments were made because he was entrepreneurial, added value, and his talent justified accommodation. He was one of the lucky ones, and even today would be considered fortunate that his needs were met.

## NEURODIVERSITY: AN UNTAPPED POTENTIAL

Many successful entrepreneurs have autistic traits. Research shows they often view failure as their greatest teacher, arguing that without setbacks, combined with persistence and focus, they would not have produced the innovations that changed the world [1]. The lesson is clear: when gifted people propose unconventional ideas or fall short of expectations, patience and openness can unlock extraordinary outcomes.

Despite this potential, employment statistics remain sobering. In 2025, only two in ten neurodiverse people are in work. In the UK, 700,000 people have a formal autism diagnosis, but studies suggest the true number may be closer to 1.2 million [2]. Supporting an autistic person across a lifetime is estimated to cost £1.5 million, with an annual economic loss of £32 billion [3]. These figures highlight the scale of untapped talent. Neurodiverse individuals often excel in areas such as memory, mathematics, music, art, and hyperlexia [4]. Their strengths may appear unusual, such as commenting on fonts instead of content or giving encyclopedic answers to casual questions, but these differences are part of their unique value. Outward confidence may mask inner insecurity, making social interaction difficult, yet the potential contribution remains immense.

## EMBRACING DIFFERENCE

Neurodiversity, like hair colour, exists on a spectrum. Most people cluster near the peak of the bell curve, but those at the edges often bring distinctive abilities. Society is built for the majority, yet niche markets, such as products for left-handed people, show that catering to difference can be highly profitable.

Similarly, businesses that embrace neurodiverse talent often reap exponential rewards. History offers striking examples: Charles Babbage, Henry Cavendish, and Isaac Newton, all



believed to be neurodiverse [5], produced breakthroughs that shaped science and culture. Today, replicating supportive environments is essential for economic, cultural, and psychological flourishing, not only in workplaces but also in community groups and relationships.

## THERAPY AND SOCIAL UNDERSTANDING

Neurodiversity should not be labelled a disorder. It is a difference, like being tall or having red hair, that enriches human experience. Living in a neurotypical world is challenging for neurodiverse individuals, while neurotypical people often struggle to understand different mindsets. This dissonance is where therapy plays a vital role. The approach I practice is rooted in education, helping people understand what triggers certain responses and how to manage them. It fosters empathy and bridges the gap between neurodiverse and neurotypical perspectives. Whether short-term, group-based, or longer-term, therapy helps, both sides appreciate difference as a strength.

Accommodating neurodiversity is not only an economic issue but also vital for society's psychological health. Everyone, neurodiverse or not, is affected by how well we cope with stress and function productively. The challenge is recognising neurodiverse traits in oneself or others. The aim is not to label [6], but to adjust behaviour for more constructive interactions.

## THE LADDER OF INFERENCE [7]

One useful tool is the ladder of inference, which explains how people act on their environment, based on four assumptions:

My beliefs are the truth.

The truth is obvious.

My beliefs are based on real data.

The data I select is the real data.[8]

Take John, who believes his project will be unpredictable. This triggers stimming, tapping fingers or clearing his throat, which irritates colleagues. Simply asking him to stop worsens the situation because he believes unpredictability is inevitable, sees no alternative explanation,

and has selected data confirming it.

Progress comes from recognising his ladder of inference and offering alternative interpretations, showing unpredictability can be managed or that his data may be incomplete. Addressing the belief, not just the behaviour, reduces stimming. Once calm, John can understand his own ladder of inference and how the noise can bother him and his colleagues.

Difference is not a deficit. It is a source of strength. From flexible work arrangements to recognising the unique contributions of neurodiverse individuals, history shows that when we adapt to talent rather than force talent to adapt to rigid systems, innovation flourishes. The challenge ahead is to move beyond tolerance toward genuine inclusion, where every mind finds space to contribute, collaborate and create a world strengthened by difference.

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# Rediscovering Creativity:

## MY EXPERIENCE WITH CULTURE, IDENTITY & THE GESTALT FLOW



By SREENA PLUCK,  
Gestalt Psychotherapist

I can hands down say that not once did I hear anyone in my life encourage me to be creative, that is, until I began training in Gestalt psychotherapy. Creativity was not part of the cultural language at home whilst growing up. It was not spoken about, valued, or nurtured. So when I first heard it in training, or rather, began to connect to what creativity could mean and the many different perspectives on it, I noticed the unfamiliarity as well as my discomfort. This discomfort was only heightened as I witnessed my fellow trainees embrace the notion as though they had been fed a nutritious diet of it, whilst I was starved.

Gestalt is, at its core,  
a creative approach, and I hope I never  
lose the drive to keep exploring

what makes me who I am and what makes you who you are. Yet I often feel that, as a society, we have become too focused on how psychotherapy is supposed to look. We get caught up in the narratives of doing more and being involved, and in the process, we lose touch with the deeper experience of being attuned to creative flow. It is already challenging to keep pace with the constant new models and expectations of being a therapist. On top of that, living in a city like London means there are endless activities promoted as self-care. After a full day of seeing clients, I am told that without these activities I am not really caring for myself, and therefore not being the kind of therapist I should be. At times, it feels like being pressured to buy a ticket for a concert, even though I have no desire to go. The only reason to attend would be to prove I belong, but that is not who I am.

I am surrounded by messages that tell me creativity requires joining a group, having new

experiences, or pursuing more training.

In other words,  
I am constantly  
being told what  
creativity should  
look like.

This became especially clear when I was with a group of therapists. I felt the pull to join in as others shared how they express their creativity, but I found myself completely at a loss. I almost invented something just to fit in, but instead I chose brutal honesty - the true Gestalt way. What followed was a release of truth and a genuine meeting with my group. In that moment, something shifted. The block I had felt gave way, and I began to reconnect with my own creative flow. I started writing freely in a stream-of-consciousness style. I rediscovered my enjoyment of baking. I went to a live Kirtan event and quickly realised that while people dancing around lights can be uplifting, it is not for me. I applied for a job and got it. I began reading for pleasure without judgement, and right now I am absorbed in an audiobook about Britain's leading forensic pathologist - fascinating from beginning to end.

I have found that when I release the weight of striving to be more creative, when I stop pushing myself to do more, I begin to slow down and return to myself. And what could be more creative than that? I am becoming increasingly aware of what it means to live as a person of colour in Britain today, and I know this shapes my inner world in ways too vast to be expressed in these few lines. Still, I sense that creative flow and intersectionality are woven together, threads of the same fabric. For now, I am no longer starving, and I am enjoying the process of uncovering the creativity within me and around me.



Harvest Therapy  
Psychotherapy & Wellbeing  
Bloomsbury

REQUEST AN  
APPOINTMENT



# HARVEST THERAPY PRACTITIONERS' LISTING

Having a strong connection and sense of rapport with your therapist is crucial in establishing a secure and nurturing space to open up.

Our therapists are experts in their respective fields  
with your care as their top priority.

Find more information at [www.harvest-therapy.co.uk](http://www.harvest-therapy.co.uk)



**Dr. Ute Liersch** – HCPC & BPS

Chartered Counselling Psychologist & Chartered Coaching  
Individual Therapy & ADHD assessments

"If you're ready for real change, let's work together.  
I specialise in working with individuals navigating  
anxiety, trauma, abuse, ADHD, or those who  
simply feel like they don't fit the mold."

Therapeutic Approach:

EMDR, ACT, Existential Philosophy

Expertise:

ADHD, Trauma & PTSD,  
Emotional Functioning



**Dr. Sabrina Marin** – HCPC

Clinical Psychologist & Psychodynamic Psychotherapist  
Individuals, Children, Adolescents, Couples & Psychological Assessments

"In order to manage a situation, or remove a problem  
you must address its source, using the clues provided  
by the symptoms, in this way, permanent relief from  
suffering is attainable."

Therapeutic Approach:

Psychodynamic Psychotherapy

Expertise:

Neurodiversity, ACE (Adverse Childhood Experiences),  
Anxiety, Depression, PTSD



**Dr. Marwah Bahloul** – HCPC

Counselling Psychologist, Integrative Practitioner,  
Specialist in Complex Mental Health  
Individuals, Couples & Psychological Assessments

"Where your story leads, therapy follows - with care,  
cultural humility, and evidence-based support."

Therapeutic Approach:

Integrative & Pluralistic Approach

Expertise:

Trauma/PTSD/C-PTSD, Personality Disorders,  
Interpersonal/Relationship Issues,  
Chronic Anxiety Disorders (OCD, GAD, Panic, etc.)

"We view therapy as a secure and confidential haven—a place where we can challenge ourselves, open up, and delve into our hidden fears, thoughts, and memories. It's an opportunity to understand our relationships and behaviours, fostering growth through awareness and acceptance. With the help of therapy we become the authors of our own stories, painting resilience and growth onto the canvas of our lives."  
Gisela, Harvests' Founder

**Dr. Daniel Moore - HCPC & BPS**

Chartered Counselling Psychologist  
Individual & Couple Counselling

"Healing begins with the courage to explore one's inner world in a space of safety, understanding, and connection."

Therapeutic Approach:

Integrative: CBT, Psychodynamic, Trauma-Focused, EMDR, CFT, ACT, Schema & Person-Centred Therapy

Expertise:

Working with trauma, Anxiety, Low self-esteem or self-worth, including self-image



**Artemis Manias - HCPC & BPS**

Chartered Counselling Psychologist  
Individual, Couple Counselling & Families

"Healing is not about erasing the past - it's about reclaiming your strength, rewriting your story, and stepping into the life you deserve."

Therapeutic Approach:

Somatic Pendulation, CBT, Integrative, Psychodynamic, PC, ACT, Systemic & Mindfulness

Expertise:

Addiction, Work-Related Stress, Couples and Family



**Lavinia Salani - HCPC**

Counselling Psychologist  
Individual Therapy

"Uncover insights, build resilience, and move toward meaningful change."

Therapeutic Approach:

Psychodynamic framework, CBT, DBT, MBT

Expertise:

Relationship Issues, Anxiety, Stress-related Difficulties, Self-esteem, Life Transitions



# COUNSELLING PSYCHOLOGISTS

# INTEGRATIVE PSYCHOTHERAPISTS



## Delfi Krause – BPS ICF & NCED

Msc. & Mag Psychologist, Psychotherapist & Coach  
Individual, Children, Teens & Couples Counselling

“Her integrative and person-centred approach combines psychodynamic insight with behavioural strategies, helping clients reduce symptoms while exploring the deeper roots of their experiences.”

Therapeutic Approach:  
Integrative, Psychodynamic & Person-Centred

Expertise:  
Stress, Anxiety & Work-life Balance,  
Eating Disorders, Multicultural Relationships



## Dylan Peters – BACP

Psychotherapeutic Counsellor & Nutrition Consultant  
Individual Therapy

“Life is dynamic and as such we must, at various stages of our lives, transform in order to grow and cope with the spectrum of experiences that we will encounter.”

Therapeutic Approach:  
Integrative therapy with a holistic perspective

Expertise:  
Life Transitions, Loneliness, Perfectionism  
& Health Anxiety



## Julie Holiday – BACP

Integrative Psychotherapist - Addiction Specialist  
Individual, Couples & Families

“No matter your challenges, finding a therapist who creates a safe and truly empathetic space is essential. This connection can blossom into an effective therapeutic partnership, guiding you towards healing.”

Therapeutic Approach:  
Integrative, DBT, MBT, ACT, Person-Centred,  
Psychodynamic, Gestalt, CBT, and MBCT

Expertise:  
Self-Discovery, Addiction & Self acceptance



## Joanne Arnold – MBACP NCPS

Integrative Psychotherapist & Compulsive Behaviour Specialist  
Individual Therapy

“Each life holds its own story. My role is to meet you where you are and walk alongside you on your path to recovery and renewal.”

Therapeutic Approach:  
Integrative Psychotherapy, Addiction Therapy

Expertise:  
Addiction, Narcissistic Abuse  
& Sexual Issues



## Eleni Kalvou McDermott – BACP

Integrative Therapist and Coach  
Individual Therapy

“Whether you’re feeling stuck in your personal or professional life, or you’re seeking for a deeper sense of purpose, I support those who are ready to move beyond stagnation and step into their full potential”

Therapeutic Approach:  
Integrative Therapy & Coaching

Expertise:  
Life Transitions, Work-Life Balance,  
Anxiety and Depression



## Marianne Lucas – MBACP

Integrative Counsellor and Psychotherapist  
Individual Therapy

“Her approach is rooted in empathy and compassion. She deeply values the client-therapist relationship, recognising its central role in the therapeutic process.”

Therapeutic Approach:  
Integrative, Psychodynamic, Person-Centred,  
Relational & CBT

Expertise:  
Eating Disorders & Disordered Eating,  
Anxiety and Stress,  
LGBTQIA+



## Magdalena Wachowska – MBACP

Humanistic Integrative Therapist  
Individual Therapy

“We will work together to uncover and address the root causes of your distress, empowering you to embrace life to the fullest.”

Therapeutic Approach:  
Integrative, Psychodynamic, Person-Centred and CBT

Expertise:  
Trauma /PTSD  
ADHD / Neurodiversity  
Women’s Health



## Jeffrey Samuels – MBACP

Psychotherapeutic Counsellor and Neurodiversity Specialist  
Individual Therapy

“In navigating this diversity, I provide scaffolding for clients during their journey, enabling them to more effectively face life’s challenges.”

Therapeutic Approach:  
Attachment / Relational, CBT, SFBT, Integrative,  
Narrative Therapy, Relational Therapy.

Expertise:  
Neurodiversity, Autism, ADHD



# EMDR:

## Eye Movement Desensitization and Reprocessing

Contrary to the belief that deep emotional wounds require years to mend, EMDR suggests that the mind has an innate capacity to recover - similar to how the body heals from physical injuries. The brain is equipped with a system that processes experiences and moves toward psychological well-being. However, when this system is disrupted by trauma, emotional pain can linger and intensify. EMDR works by helping to clear these internal blockages, allowing the brain to resume its natural healing function.

Trained EMDR practitioners use structured methods to guide clients through this process. By following established protocols, they support individuals in reprocessing distressing memories and activating their brain's ability to restore emotional balance.

\*\* Dr Ute Liersch & Dr Daniel Moore, are both Chartered Counselling Psychologists and offer EMDR.



**Milka Witkowska** - MBACP (Accred)

Psychotherapeutic Counsellor and EMDR Therapist  
Individual & Couple Counselling

"Your comfort is paramount. I foster an atmosphere of trust, acceptance, and respect, ensuring you feel welcomed from the moment we meet."

Therapeutic Approach:

Integrative therapy: SFT, CBT, EFT,  
Mindfulness Exercises, EMDR & The Rewind Technique

Expertise:

PTSD, Trauma & Childhood Trauma, Narcissistic Abuse,  
Relationship Issues, Spiritual Development, Self-Worth



**Sahar Salim** - BACP BPS

Psychotherapist, EMDR and Couples Therapist  
Individual & Couple Counselling

"Sahar has been supporting people through many of life's challenges for many years, from anxiety and low self-esteem to relationship issues, trauma, and grief.

She works with both individuals and couples, creating a space that's confidential and supportive."

Therapeutic Approach:

Integrative, EMDR & Couple Counselling

Expertise:

Trauma and PTSD, Relationship Issues, Abuse

# GESTALT THERAPY

Gestalt therapy is a comprehensive and human-centred approach to psychotherapy that emphasises the importance of personal accountability and living in the present moment. The term "Gestalt" signifies the concept that the whole is more significant than the sum of its parts, underscoring the need to understand the full context of a person's life. By enhancing self-awareness and integrating the mind, body, and emotions, Gestalt therapy aims to foster personal growth and holistic healing.

## SREENA PLUCK - UKCP

Gestalt Psychotherapist  
Individual & Couple Counselling

"My therapeutic approach is rooted in Gestalt Psychotherapy, a body-based, radical, holistic and socially connected model. In my practice, everything is relevant; nothing is dismissed. The therapy room is a place of tentative curiosity."

Therapeutic Approach:  
Gestalt, CBT, DBT, and Psychodynamic

Expertise:  
Attachment, Trauma, Embodiment and Symbolism



## Raul Aparici - UKCP CPJA

Gestalt Psychotherapist  
Individual Therapy

"Real transformation starts with self-acceptance.  
The rest follows."

Therapeutic Approach:  
Gestalt Therapy

Expertise:  
Anxiety  
Meaning and Purpose  
Work-Related Issues  
LGBTQ+



## Iqra Humayyon - BACP

Integrative Therapist and Trauma Coach  
Individual Therapy

"My aim is to offer a place where you can craft your next chapter, nurturing and providing a space for your story to find its voice."

Therapeutic Approach:  
Gestalt, Existential, CBT and Transactional Analysis

Expertise:  
ADHD, Anxiety, Stress and Panic Attacks,  
Cultural Identity, Feeling out of control, Grief



GESTALT PSYCHOTHERAPISTS

# PSYCHODYNAMIC PSYCHOTHERAPY:

Psychodynamic therapy is especially beneficial for people who are interested in gaining deeper insight into their emotional patterns and relational dynamics. It helps uncover and resolve unconscious conflicts that may be contributing to psychological symptoms.



**Ann-Louise McCarthy** – UKCP & CPJA  
Psychoanalytic & Psychodynamic Psychotherapist  
Individual & Couple Counselling

"Together we can gain insight and understanding of where you've been, how this has impacted your life journey, and where you'd like to be, allowing a new experience of your life to be possible."

Therapeutic Approach:

Psychoanalytic and Psychodynamic

Expertise:

Overwhelming feelings, Anxiety, Stress,  
Panic Attacks, Feeling out of Control, Grief



**Dr Boguslaw Potoczny** – UKCP  
Psychoanalytic & Psychodynamic Psychotherapist  
Individual & Couple Counselling

"Meaningful change begins with understanding - not just of symptoms, but of the deeper patterns and relationships that shape us."

Therapeutic Approach:

Psychoanalytic and Psychodynamic

Expertise:

Anxiety

Depression

Personality Disorders / Relational Trauma



**Paula John** – BACP BPS & BPC  
Psychologist & Psychodynamic Psychotherapist  
Individual Therapy

"Together, we will uncover the hidden meanings behind your feelings and behaviours, empowering you to embrace change and growth with compassion and self-awareness."

Therapeutic Approach:

Psychoanalytic and Psychodynamic

Expertise:

Relationship Difficulties, PTSD/Trauma  
Low Self-esteem, Obsessive-Compulsive Disorder (OCD)

## Em Farrell – CPMUK & ISTDP

Psychodynamic Psychotherapist & Supervisor  
Individual Therapy

“Unlock your inner resilience as we journey together toward healing, embracing the transformative power that lies within.”

Therapeutic Approach:  
Intensive Short Term Dynamic Psychotherapy

Expertise:  
Trauma  
Anxiety  
Climate Anxiety



## Christina Louka – BPC

Psychodynamic Psychotherapist & Supervisor  
Individuals, Children, Adolescents & Couples Counselling

“Life doesn’t improve by chance - it improves through change.”

Therapeutic Approach:  
Psychoanalytic and Psychodynamic

Expertise:  
Parenting / Relationship Issues  
Domestic Abuse  
Self-harm, Trauma, OCD



## Ounkar Kaur – NCPS

Psychodynamic, Humanistic and Inter-cultural Psychotherapist  
Individual & Couple Counselling

“Standing alongside you with compassionate listening, whilst we explore ways for you to live a more emotionally fulfilling life.”

Therapeutic Approach:  
Psychoanalytic and Psychodynamic

Expertise:  
Relationship Issues - Arranged/Forced Marriage  
Stress/Trauma and PTSD  
Anxiety/ Depression/ Low Self Esteem



## Alda Simoni – MBACP & BPC

Psychodynamic Psychotherapist  
Individual Therapy

“You don’t need to have the right words. You just need a place to begin. This isn’t a quick fix or a set of tools to manage symptoms. It’s a deeper kind of work, aimed at lasting change through greater self-understanding.”

Therapeutic Approach:  
Psychodynamic Psychotherapy

Expertise:  
Anxiety, Depression, Relationship Difficulties,  
A sense of being Stuck or Overwhelmed





# RELATIONSHIPS:

## Psychosexual Psychotherapy

### Couple Counselling

### Family Dynamics



**Anoushka Beazley** - UKCP & BACP  
Transactional Analysis Psychotherapist and Counsellor  
Individual & Couple Counselling

"Her approach is formed from Transactional Analysis, the social and behavioural study of human interaction and Attachment Theory, the first pattern of relating formed via parents and family experiences."

Therapeutic Approach:  
TA Psychotherapy & Somatic Therapy

Expertise:  
Trauma / Childhood Emotional Neglect /  
Family Dysfunction / Grief / Loss



**Lina Milner** - BACP & COSRT  
Couple Counsellor & Psychosexual Psychotherapist  
Individual & Couple Counselling

"Healing relationships, restoring intimacy, and empowering change - therapy is the bridge to deeper connection and self-discovery."

Therapeutic Approach:  
Integrative, Systemic, Psychodynamic & CBT

Expertise:  
Relationship Distress (Conflict, Affairs)  
Sexual Problems  
Recovering from Sexual Trauma



**Isabel Sala Espana** - BPS  
Psychologist, Integrative Psychotherapist & Sexologist  
Individual & Couple Counselling

"Guiding you to find strength, love, and peace within yourself."

Therapeutic Approach:  
Integrative, Psychodynamic, Well-being

Expertise:  
Co-dependency,  
Self-esteem  
Relationships



# CREATIVE THERAPY:

## Psychodrama

## Dance Movement

## Art Therapy

Marianna Vogt - HCPC

Dramatherapist, Psychotherapist & Supervisor  
Individual & Couple Counselling

"I work with clients' emotional, intellectual, physical and relational selves to increase well-being, manage chronic feelings of distress, process past experiences and realise personal, creative and professional potential."

Therapeutic Approach:

Talk Therapy, Movement-Based & Artistic Expression

Expertise:

Processing trauma / Managing Chronic Mental Illness  
Life Changes/Existential Questions



Alexa Edelist - UKCP

Psychodynamic & Psychodrama Psychotherapist  
Individual & Couple Counselling

"Alexa's aim is to come alongside you on the journey, gently encouraging the questions and curiosities that will help you move forward with freedom, insight and spontaneity."

Therapeutic Approach:

Psychodrama and Psychodynamic

Expertise:

Relationship Issues  
Trauma / PTSD



Maria Troupkou - UKCP & ADMPuk

Dance Movement Psychotherapist and Parental Support  
Individual - Parent & Child

"Every person carries a unique story, and I offer a creative and supportive space in which yours can be heard, felt, and transformed."

Therapeutic Approach:

Creative, Integrative, Psychodynamic

Expertise:

Trauma, Work-Related Anxiety, Stress, Grief and Loss  
Relationship Challenges, Parental Support  
Life transitions, Family Dynamics / Self-esteem





## Neeley Moore – IPHM

Compassionate Inquiry Therapist & Addiction Recovery Coach  
Individual Therapy

"I work at the intersection of trauma, somatic and embodied healing. My approach is grounded, integrative, and client-led - built on the belief that true transformation happens when we reconnect with the intelligence of the body and the truth it holds."

Therapeutic Approach:  
Compassionate Inquiry and Somatic Therapist

Expertise:  
Addiction Recovery, Mind/Body Connection  
Mid-life Bloom



## Piers Wilson – BACP

Person-Centred Counsellor and Psychotherapist  
Individual & Couple Counselling

"My Approach: Empowering, Not Pathologising. I view human distress as a natural response to life's challenges, not as a sign of illness. Instead of focusing on labels, we'll explore the ways you've adapted to navigate the world and help you find new, more supportive pathways forward."

Therapeutic Approach:  
Integrative, Polyvagal and Somatic Therapy

Expertise:  
Anxiety, Bereavement, Depression, Identity,  
LGBTQ+, Loneliness, OCD, PTSD, Self-Harm



## Ayalla Harubi – BACP

Psychotherapist, Somatic and Polyvagal Therapist  
Individual Therapy

"Healing is not about fixing what's 'wrong' with you, but about creating space to safely reconnect with what's been fragmented, silenced, or suppressed."

Therapeutic Approach:  
Somatic & Polyvagal, Psychodynamic, Attachment-Based  
Mindfulness & Embodied Awareness,  
Breath-work, Relational & Compassion-Focused

Expertise:  
Trauma, Chronic Stress & Emotional Dysregulation



## Nicola Wilkins – BACP

Psychotherapeutic Counsellor & Somatic Therapist  
Individual Therapy

"I offer a safe haven where vulnerability is met with compassion."

Therapeutic Approach:  
Integrative, 12 Step Recovery,  
Internal Family Systems (IFS)

Expertise:  
Addiction  
Narcissistic Abuse  
Trauma & Low Self-esteem

# COACHING & WELLBEING



**Lathi Dube - AC**

Transformational Coach and Trauma Therapist  
Individual, Adolescents & Relationships

"True empowerment stems from  
a profound understanding of  
one's inherent worth and potential"

Therapeutic Approach:  
Transformational Coach, NLP, Trauma Applied Therapy

Expertise:  
Life Transitions and Choices  
Trauma  
Identity



**Haz Khan - NCH NBFMP**

Holistic Therapist, Transformational Coach & Author  
Individual Sessions

True healing happens when we go beyond  
talking about our pain and begin listening to  
what the body is whispering. Every emotion carries  
energy - love expands us, fear contracts us, grief  
lingers as heaviness in the chest. When emotions  
are unexpressed, they quietly weave  
into the body's energy field, showing up as  
tension, exhaustion, or even illness.

"Healing means coming home to yourself. Through  
gentle energy alignment and soul-guided work, you  
learn to release what the body has been holding and  
rediscover your natural lightness, peace, and vitality"

Expertise:  
Emotional Healing  
Life Purpose Alignment  
Energy Regulation



**Pema Varela - CMBM**

Biomagnetic Therapist

Therapeutic Approach:  
Trained in nutrition, detoxification and Medical  
BioMagnetic Pair therapy

The theory of medical biomagnetism has been  
developed by Dr Isaac Goiz.

His theory observes that a wide range of  
illnesses and conditions are associated with  
fundamental alterations in the pH level  
of internal organs, and with the presence of  
pathogens: viruses, bacteria, fungus, parasites,  
toxins, and other harmful factors.

The magnets encourage a neutral pH state,  
reducing the breeding and growth  
of pathogens; helping to remove them.

# GROUP THERAPY:

## A space to be held and flourish

Harvest Therapy believes that healing flourishes through human connection. Our practitioners' group sessions offer a space where empathy, shared experience, and vulnerability become powerful tools for growth, reminding us that we don't have to navigate life's challenges alone.

MONDAYS 7.30 PM TO 9 PM

### Sacred Place: A Grounding Group



Facilitated by Neeley Moore, Compassionate Inquiry Therapist

Sacred Place is a small, intimate group designed to support those navigating anxiety, overwhelm, and emotional disconnection. Rooted in the trauma-informed principles of Compassionate Inquiry®, this group offers a gentle yet powerful container for exploring the deeper layers of your experience, those held in the body, shaped by early life, and often hidden beneath the surface.

Therapeutic Approach:

Compassionate Inquiry's Practices | Somatic Grounding & Embodiment |  
Relational Dialogue & Emotional Safety

Date: Mondays 7.30pm to 9 pm | Fee £150 (5 sessions £30 per session)

SATURDAYS 6.30 PM TO 8 PM

### Psychodynamic Therapy Group



Facilitated by

Dr Boguslaw Potoczny, Group Analyst & Psychodynamic Therapist

Group therapy provides a caring and supportive environment where you can explore life's challenges alongside others who may share similar experiences. It's particularly beneficial if you're finding relationships difficult, struggling with anxiety, frustration, or anger, or seeking to understand how past experiences continue to shape your life today. In a setting grounded in trust and confidentiality, you'll have the opportunity to express yourself openly and gain new perspectives.

Therapeutic Approach:

Inspired by the principles of Foulkesian group analysis, group therapy sees the group itself as a powerful source of connection and healing. As you listen and relate to others, you may begin to recognise familiar patterns in how you connect or communicate and discover new ways of relating that feel more genuine and freeing.

Date: Saturdays 6.30pm to 8 pm | Fee £160 (4 sessions £40 per session)

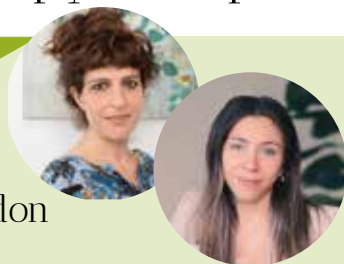
# Workshops & Short-time Therapy Groups

FRIDAYS 11 AM to 12:00 PM

## Belonging Abroad:

### A Therapeutic Support Group for Expats in London

Facilitated by Delfi Krause & Alexa Edelist,



Moving to a new country involves profound changes: new cultures, loss of networks, and a redefinition of identity. This group offers a safe, supportive and validating environment to get to know others who share a current experience of relocation. We will sit with and understand some practical ways of easing the feelings of anxiety, stress and isolation, which often accompany the process as well as enabling reconnection to oneself, purpose and value.

Twelve weeks workshop from 7 March:

Psychodynamic & Psychodrama

Date: Fridays 7th to 20th May 2026 (no sess. on 3 Apr) - Fee £600 (the whole workshop, £50 per session)

SUNDAYS 10 AM TO 12 PM - MARCH

## The Fertile Ground: A Group for Attuned Parents

Facilitated by Anoushka Beazley, TA Psychotherapist



As the cold of winter loosens its grip and the first whispers of spring emerge, we are invited to consider the new growth within our own families and within ourselves. We bring our own histories to this journey, our stories of being parented echoing in the ways we parent in the present. This 4-week group, beginning in March, offers a space to shed the old and tend to new beginnings.

Over four weeks, we will gently inquire into:  
Understanding our triggers | The dance of connection |  
A journey toward wholeness

Date: Sunday 8th, 15th, 22nd and 28th March 2026 | Fee £300 (the whole workshop)

SUNDAY 17th MAY 10 AM to 1PM

## Working with Myth in Dramatherapy

Facilitated by Marianna Vogt, Dramatherapist



Arachne: a drama and movement therapy myth workshop

The workshop uses the myth of Arachne as a way in to exploring creativity, hierarchy, pride, and what sort of work is and isn't recognised.

Therapeutic Approach:  
Dramatherapy Workshop

Date: Sunday 17th May from 10 am to 1 pm | Fee £90



Harvest Therapy  
Psychotherapy & Wellbeing

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[harvest-therapy.co.uk](http://harvest-therapy.co.uk)

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