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Issue TWO
Summer/Autumn 2026

IN THE THERAPEUTIC SPACE:

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IN THE ROOM

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IN THE ROOM

Why do we count our lives in years? Why are years divided into seasons? Life is made of cycles, and breaking cycles is rarely easy. Over the years, I have realised that each season brings its own emotions: summer, happiness vs anxiety; autumn, change vs stuckness; winter, introspection vs depression; spring, flourishing vs phobias. Even within relationships, the seasons bring their own flavours.

Like plants and trees, we grow through each one of them. They shape us, nourish us, challenge us, and leave their scars.

This does not mean we cannot change. The transition from summer to autumn can be an awakening; a time for courage, exploration and action. A time to move. Our feet are not tied to the ground; our hands are free to write, to dance, to hug. The cycles can help us transform; as the wheel turns, so do we.

In The Room invites you to travel through different spaces: spaces of introspection, where you might encounter your reflection, a shadow, a feeling, or an emotion. A place to pause, observe, and become curious about what emerges.

Because every season has something to teach us, and every cycle carries the possibility of change.

Gisela
Founder & Director of Harvest Therapy & In the Room

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THE MESSY MIDDLE

By DR. UTE LIERSCH,
Chartered Counselling Psychologist & Chartered Coaching Psychologist

Identity is created and shaped over time, with competence often becoming one of its key foundations. Our feelings of safety, worth, belonging, and even lovability can slowly become organised around capability, around what we can do.

We become known as the organiser. The achiever. The caretaker. The dependable one. The problem solver.

For years, these roles may fit well. They create structure, direction, identity, and belonging. They build careers, hold families together, and help us move through the world with purpose.

THEN LIFE CHANGES.

Children grow up. Relationships shift. Health changes. Careers transform. Sometimes what once felt deeply meaningful no longer holds the same meaning. We face redundancy, or simply the quiet recognition that success no longer lands in the body the way it used to.

HELLO, MESSY MIDDLE.

The past no longer fully fits, but the future has not yet become clear. This in-between space can feel deeply uncomfortable. Many people find themselves pulled back toward old roles, structures, or certainties. Not because they still feel aligned, but because familiarity feels safer than uncertainty.

The unknown asks something difficult of us: to remain present while we reorganise our identity.

From the outside, life may still appear functional. Competence is still there. Responsibilities are still being met. But internally, something begins to shift.

The difficulty is that we are often taught to interpret uncertainty as a form of regression. We search for quick answers, immediate clarity, or another role to step into. Yet some transitions cannot be solved quickly because they are not logistical problems; they are identity shifts.

The messy middle asks us to tolerate uncertainty without rushing to immediately replace one identity with another.

> It invites reflection instead of reflex, steadiness instead of performance.

New beginnings rarely arrive fully formed. Clarity tends to emerge gradually, often through small, honest adjustments rather than dramatic reinvention.

Sometimes the most important question is not: "What should I do next?"

But: "What feels more true for who I am becoming now?"

Transition is not the collapse of competence. It is the quiet redefinition of identity.

FLAWED & TRYING

A story of Moral Scrupulosity OCD

By LUNA GOMEZ,
Psychology & Counselling Student
& Social Media Content Copywriter

It was a small misunderstanding, truly. At least, to anyone else it would have been. Carla gently says to Orin, a pained look on her face, "What you said earlier... it kind of stung." Orin feels his heart drop to his stomach, a scorching rush of heat throbs through his body. The guilt arrives like a tide, fast and swallowing. Through the tightness in his throat,

he apologises,
then apologises
again,
then apologises
for apologising
too much,

then for not knowing the right way to apologise — for not having known, before speaking, that his words would hurt her. In Carla's quiet, meaningful "It's okay," Orin feels the filth of his mistake settle over him. He tries to scrub the moment clean, tries to scrub himself clean. He checks her face for forgiveness. He checks his own heart for the correct amount of guilt, the correct amount of remorse. He replays the memory on loop until it becomes impossible to decipher what he had said, what he was feeling when he said it, whether his intentions were clean.

Later, Orin finds himself on the receiving end of a hurtful comment. Damian says something that cuts, a small slice but enough to sting. Orin feels the hurt rise in his chest, then collapse under its own weight. He recalls what he said to Carla earlier.

Well, I deserve this. This is balance. This is justice. This is the universe reminding me to be careful.

He swallows the feeling whole, a small smile on his face instead of the hurt. He ensures Damian does not see his pain, ensures he feels the safeness of their friendship, despite the tightening in Orin's chest. (continues next page)

On his way home, with anxiety, uncertainty, guilt and doubt crowding his heart, Orin overhears some friends on the bus. He hears them stumble into a misunderstanding. One speaks clumsily; the other flinches. The first apologises once, simply and sincerely. The second accepts it with a smile.

No spiralling, no confession, no moral autopsy. Just two humans navigating a small hurt with ordinary grace.

Orin feels the swirling thoughts in his head quieten, with one thought gaining traction. He sees how harm can happen without revealing a hidden cruelty. He sees how intentions can be mixed, layered, imperfect and still fundamentally kind. He sees the standard he has set for himself without anyone having asked him to. His emotions stir slightly, a small rise of empathy within him.

He does not suddenly feel whole or calm or self-assured, but he allows himself a small mercy.

He lets the day sit as it is.
He lets the sting from earlier exist.
He lets Carla's forgiveness be real.
He allows himself to be human, which is to say, flawed and trying.

And for the first time in a while, he does not check his heart to make sure it is feeling the right thing.

When YOUR BODY Says NO Before Your MIND Does

By AYALLA HARUBI
Integrative Psychotherapist
Somatic & Polyvagal Therapist

There are moments when the body speaks first.

A subtle tightening in the chest, a quiet unease in the stomach, a sudden fatigue, or an instinct to pull away can arrive long before the mind has found language for what is happening. We often think of decision-making as rational and deliberate, yet the body is constantly gathering information, registering safety, tension, and emotional states.

In my work as a somatic psychotherapist, I often meet people who have spent years overriding these signals. They have learned to keep going, to stay composed, to be agreeable, capable, and resilient, even when something within them is asking for pause. On the outside, they may appear to be managing well. Inside, however, they may feel exhausted, disconnected, anxious, or quietly overwhelmed.

Somatic therapy offers a different kind of listening. Rather than asking only, "What do you think?", it gently explores, "What do you feel, notice, or sense?" The body holds a remarkable record of experience. It remembers what has felt unsafe, what has been too much, and what has required adaptation. These responses are intelligent, deeply human ways of surviving.

When we begin to honour the body's signals, a new relationship with ourselves becomes possible.

The person who has always said yes may discover the relief of a genuine no. The one who has learned to disappear may begin to take up space. The client who has lived in a state of constant doing may, for the first time, experience what it means to simply be.

Healing, in this sense, is not about forcing the body into submission. It is about restoring trust. Through grounding, breathwork, movement, and attentive presence, therapy can create the conditions for safety to return. And when safety returns, choice returns with it.

Sometimes the wisest part of us is not the one that speaks the loudest.

Sometimes it is the body, quietly asking to be heard.

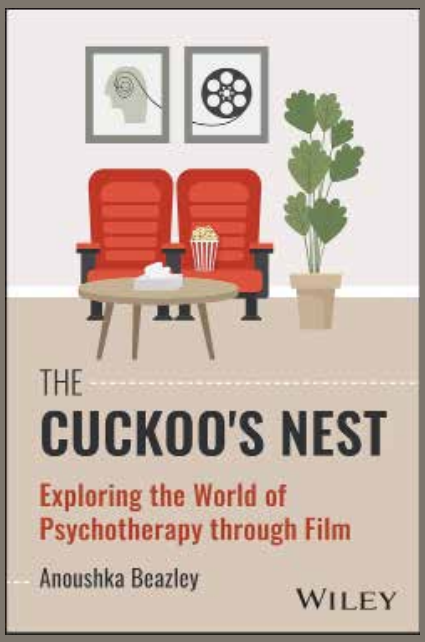
In therapy, learning to listen to that quieter voice can be transformative. It can help us recognise when we are stretching beyond our limits, when a boundary is needed, or when rest is the most caring response. Over time, this kind of listening can soften shame, strengthen self-trust, and open the door to more authentic living.

The body's NO is not a failure. It is often an invitation: to slow down, to pay attention, and to return to ourselves with greater honesty and care.

Book Q&A

With Anoushka Beazley

THE CUCKOO'S NEST: Exploring the World of Psychotherapy Through Film



Anoushka Beazley is a Transactional Analysis Psychotherapist and Counsellor specialising in Trauma Therapy. She is author of the fiction novel The Good Enough Mother, the award-winning play New Moon, and has a background in film analysis.

Here she talks about the intersection of psychology and narrative, exploring how the stories we watch on screen can illuminate the narratives we carry within ourselves. In her new book, The Cuckoo's Nest, Beazley brings these worlds together. Drawing on her clinical experience and lifelong love of cinema, she examines how films can help us understand trauma, identity and the emotional patterns that shape our lives. In this Q&A, she reflects on the films that influenced her, the misconceptions cinema often creates about therapy, and why stories about mental health continue to captivate audiences.

WHAT INSPIRED YOU TO EXPLORE PSYCHOTHERAPY THROUGH FILM?

Films have always been a big part of my life. They were a place to seek solace, inspiration and even guidance, which eventually led me to study Film as my undergraduate degree. Later, I wrote a two-year column analysing film and TV for a psychology journal, and that work eventually gave birth to The Cuckoo's Nest.

WHY DID YOU CHOOSE THE TITLE THE CUCKOO'S NEST?

The idiom refers to a bird that does not build its own nest but lays its egg in another bird's nest for them to raise. Many of us feel a sense of difference within our families of origin, and the meaning we give to that difference shapes who we become.

The Cuckoo's Nest is also a slang term for a mental hospital, as seen in the infamous film One Flew Over the Cuckoo's Nest starring Jack Nicholson. The themes of that movie centre on individualism and institutional oppression, and can be seen to mirror the conflict between the inner world of the individual psyche and the external pull of familial, societal, and worldly demands.

WHAT DO FILMS REVEAL ABOUT PSYCHOTHERAPY THAT ACADEMIC TEXTS SOMETIMES CANNOT?

Films show how psychological theories play out in lived experience. A concept like Oedipus suddenly becomes less about an abstract ancient myth and more about a child trying to get his parents' attention. The irony is that the artificial world of film can make psychological ideas feel real and emotionally accessible. Art imitates life, and film allows us to feel what a theory is trying to describe. Often, the places where we struggle to feel in our own lives are the very places where psychotherapy and cinema meet.

WAS THERE A PARTICULAR FILM THAT FIRST SPARKED YOUR INTEREST IN THE RELATIONSHIP BETWEEN CINEMA AND THERAPY?

Sally Field and Joanne Woodward starred in a TV mini-series called Sybil. I was fascinated by the role of the therapist and the idea of healing trauma through a relationship.

ARE THERE ANY COMMON MISCONCEPTIONS ABOUT THERAPISTS OR THERAPY THAT CINEMA TENDS TO REINFORCE?

That people can be fixed in eight episodes or a two-hour movie. The work of understanding ourselves takes time.

WERE THERE ANY FILMS THAT AFFECTED YOU EMOTIONALLY WHILE WRITING?

My writing is always personal, and every movie I chose has affected me emotionally in the past and again while writing the book. "Another Happy Day" is a gem of a film that tackles the painful subject of childhood emotional neglect.

WHY DO YOU THINK AUDIENCES ARE SO FASCINATED BY STORIES ABOUT MENTAL HEALTH AND THERAPY?

These subjects still carry shame and stigma, and they challenge assumptions about what happiness should look like. Life is difficult, and therapy helps us to understand how our emotional and mental health is impacted by the experience of living.

DO YOU THINK FILMS CAN HAVE A THERAPEUTIC EFFECT ON VIEWERS THEMSELVES?

I know they can, because they do for me.
I think of cinema as a form of therapy. For some people, the only time they give themselves permission to feel is when they are watching a movie.

When the Story CHANGES, So Do We

By NOAH SOLARIN,
Family Systematic Psychotherapist

The story had terrorised all of us, parents and children alike. It had backed the family into a corner. Its tactics were despair and exhaustion. Whenever we found a moment of relief, it slipped out of sight, only to return with greater force.

We tried everything. We stood up to it as you would to a bully. At times, we pleaded with it. We tried reason. We called on ancestors. We sought guidance from wise spirits who understood something of its ways.

For this family, the story had afflicted both parents with different sufferings, and that was their story. In fact, it had already begun to write its script for the children. According to the story, the girls would inherit the difficulties, their dreams would fade, and hope would only be something other families had.

Relief arrived from an unexpected place. It came from the children themselves.

Together, we wondered what might happen if we wrote to the future. What if the problems were not fixed truths but frustrated dreams? What if we worked with the dreams instead?

The story lingered in the room as we wrote, but we continued. When the letter was finished, we shared it with everyone involved: professionals, family, friends, and supporters. We do not separate the living from the non-living, so even the pets received a copy.

This was the letter:

Georgia and I want to travel one summer, just the two of us, to a different country. We imagine visiting China, India, Thailand or Japan, though travelling within Europe might be more realistic. Our parents would be happy. Mum would be happier, and we would not have to visit her in that horrible hospital ward. Dad would be sober and ready to face his emotional struggles.

The story was furious. Yet something had shifted. Both parents began to change their circumstances. The despair, the fighting and the blame loosened their grip. Relationships changed as a new story began to emerge. The mother explored new treatment options that gave her hope of being with her children and supporting her husband as he began his own recovery.

The daughters were accepted into art colleges and began working towards the futures they had imagined.

It is never simple, but you can always work with the dreams. Problems are often nothing more than frustrated dreams.

Can Relationships SURVIVE Infidelity?

By SAIDAT KHAN,
Psychosexual Psychotherapist & Couples Counsellor

Infidelity can be one of the most painful experiences within a relationship. It can break apart the foundations built over time and call into question the trust that had once felt secure.

The emotional safety partners relied on can feel shaken, and the sense of stability may be lost. For some, the damage cannot be repaired. For others, there may be a genuine desire to understand what happened and work towards healing.

Whether the relationship survives depends on several factors, including the nature of the betrayal, the willingness of both partners to rebuild trust, their emotional maturity and the overall health of the relationship before the event. Every relationship is unique, and each person's boundaries and emotional responses will differ. There is no single way to respond to infidelity and no outcome that fits all couples.

Infidelity is never justified, but it may arise from personal vulnerabilities, avoidance or long-standing patterns rather than a lack of love. For the relationship to recover, the unfaithful partner must accept full responsibility. This includes recognising that their actions may mean their partner no longer trusts them, and that rebuilding emotional safety will require consistent effort, openness and patience.

The betrayed partner must also be given the space to decide whether forgiveness is possible. This choice cannot be forced. If forgiveness is not genuine, the event will continue to cause grief. Healing takes time, and each person will move through the process at a different pace. Patience is essential, as the emotional impact of betrayal is not quickly resolved.

Therapeutic support can help both partners navigate the aftermath. If the unfaithful partner's behaviour is linked to compulsive or addictive sexual patterns, specialist therapy may be recommended. The betrayed partner may also need support to process the emotional impact. If both partners feel ready, couples therapy can help them understand the dynamics that contributed to the betrayal and begin to create a new framework for the relationship.

If the betrayed partner needs further clarity, a structured therapeutic disclosure may be helpful. This allows the unfaithful partner to provide a full account of their behaviour in a safe, guided setting so both can move forward.

Ultimately, the future of the relationship depends on whether both partners are committed to healing. If one is unwilling to accept responsibility or the other is not open to forgiveness, reconciliation becomes unlikely. Not all relationships survive infidelity, but some do. What matters most is that each person evaluates the relationship honestly, with each other and with themselves, and decides whether rebuilding it is possible and whether it is worth it.

The Power of STORIES & STORYTELLING in the Therapeutic Space

The art of storytelling, and stories themselves, take various forms. Their purpose is often to entertain; sometimes, to educate or provoke thought. But what actually makes our favourite stories entertaining, captivating or thought-provoking to us as individuals? The phrase 'therapeutic value' might not even make our top 10 reasons, yet it is an overlooked part of what can make a story more powerful and resonant to one person than to another.

Freud argued that the popularity of Sophocles' Oedipus Rex was partly due to the mirror it held up to people's repressed infantile desires. Viewing the play, he suggested, allowed audiences to meet those desires indirectly. Whether or not one agrees with Freud's theory is not the focus here. What matters is his belief that witnessing a story can have a powerful impact when it touches something psychologically meaningful. Dr Bruce Perry states that "our history ... has always included wellness practices such as ... storytelling ... now known to be effective in altering neural systems involved in stress responses and developing secure attachment."

Fast forward to the 21st century and shift the narrative into the first person: the Edinburgh Fringe and Netflix show Baby Reindeer became a shining example of storytelling as therapeutic treatment. Richard Gadd wrote and performed the show in response to his own traumatic experiences. He has said that, when confronting trauma, his "first advice is: break the silence ... process it into something" and that acceptance from audiences "was like 1,000 therapy sessions in one." From a dramatherapy perspective, the captivating, transformative performance activated media mania through the emotional pull of painful experiences that resonated with the audience and, in turn, allowed Gadd to be witnessed, heard, and understood, even alongside his own human flaws.

Most of us, however, will likely not have the confidence or desire to turn our traumatic experiences into an award-winning stage show.

Nevertheless, the process of creating a story can help process difficult experiences.

Working with a Dramatherapist during that journey can help break through some of the complex barriers that might exist and help understand themes that begin to surface.

Stories and storytelling do not need to be confined to extreme trauma or infantile desires. Many of my clients want to role-play domestic situations in a safe place, where endings can be changed and experimented with, conflicts can be explored, and confidence in social situations can grow through practice. We might use 'playback theatre' to pause, segment our story, and reflect on what has happened in the scene.

By RAQUEL PATTERSON,
Dramatherapist & Psychotherapist

When working with children and young people, I have found that they rarely say things outright, but they 'show' you. Through 'story-making', they invite you into their inner world, often revealing more than words alone ever could. In that imaginative space, the therapeutic relationship comes alive through transference and countertransference. These are not just clinical terms, but emotional threads running beneath the surface of sessions.

One child I worked with changed the wolf in the story of The Three Little Pigs into a shark. During the story, the child expressed sympathy for the shark, explaining that it "didn't want to eat the pigs" but instead "needed a home." The shark, they explained, was "misunderstood." In later reflections, themes began to emerge around the loss of family. The story communicated experiences of separation, loss and belonging without the child needing to state them directly. Knowing the child's wider context, the symbolism of the "misunderstood shark" became profoundly insightful. Story and metaphor can reach emotional truths that may feel too difficult, frightening or complex to express in ordinary conversation.

Stories have always helped human beings make sense of themselves & the world around them.

Sometimes, the stories people cannot yet say directly can first be spoken safely through metaphor and imagination. In dramatherapy, those stories are not simply performed, they are witnessed, explored and gradually understood. They become integrated in the healing process. Rather than needing a boom mic, a first assistant director, or green screens, all you need is a dramatherapist to support your journey into your story.

CREATIVITY in Psychotherapy: Towards Healing & Transformation

By NOEMIE REDON
Psychotherapist: Integrative, Creative & Process-Focused

In psychotherapy, creativity can offer meaningful pathways towards healing and transformation. Creative approaches provide alternative ways to explore emotions and experiences when words alone may feel insufficient or overwhelming.

Many people come to therapy feeling emotionally stuck, disconnected from themselves, anxious, or exhausted.

Creativity can help bring movement & fluidity where there was once emotional rigidity.

Through creative expression, no matter the medium, individuals can begin to externalise and better understand their internal experiences in a safe and manageable way.

RECONNECTING THROUGH THE SENSES: FROM EMOTIONAL "STUCKNESS" TO MOVEMENT.

An important aspect of this process is the connection to the senses. The tactile experience of touching materials, shaping textures, drawing lines, writing words or visually engaging with colours and forms can help individuals reconnect with themselves through sensory awareness. These experiences invite the person out of constant thinking and back into the body and the present moment.

Sometimes, even after an event has passed, the emotional impact can remain "stuck" internally, becoming difficult to verbalise or process directly. Creative work helps bring an internal experience into visual and sensory form, making it possible to engage with it safely and gradually transform it into something new. This can make difficult emotions feel more manageable internally.

The process matters more than the result.

The focus is not on artistic ability or interpretation, but on the process itself. Over time, many individuals develop greater emotional clarity, stronger self-awareness, and healthier boundaries in relationships. As they reconnect with themselves, motivation, curiosity, and a sense of purpose often begin to return. Clients often report feeling more grounded, connected to themselves and able to navigate life with greater confidence and fluidity.

Creativity in psychotherapy creates space for reflection, reconnection, and transformation.

UNDERSTANDING Emotional Dysregulation in Trauma

By Dr MARWAH BAHLOUL
Clinical Psychologist & Psychotherapist

Trauma, including Post Traumatic Stress Disorder (PTSD) and other overwhelming or adverse experiences, is often associated with emotional dysregulation. Emotional dysregulation refers to difficulty managing emotional and physiological responses to stress. People may become overwhelmed by their emotions or find it difficult to return to a calm, balanced state after becoming upset. These responses are often nervous system based reactions that develop in the context of threat, fear, or chronic stress.

Following trauma, the nervous system can become highly sensitive to perceived threats. This can result in states of either hyperarousal or hypoarousal.

Hyperarousal is a state of heightened activation and may involve anxiety, panic, anger, irritability, emotional reactivity, sleep disturbance, difficulty concentrating, feeling constantly on edge, or being easily startled.

Hypoarousal is a state of reduced activation and may involve emotional numbness, dissociation, withdrawal, slowed thinking, low motivation, fatigue, or feeling disconnected from yourself and others.

To others, emotional dysregulation may appear as mood swings, intense emotional reactions, sudden anger, withdrawal, avoidance, or seeming indifferent or apathetic. While these reactions can be challenging, they are often understandable adaptations to overwhelming experiences rather than personal shortcomings.

One helpful concept is the Window of Tolerance. This refers to the zone in which we are able to think clearly, stay socially engaged, manage emotions effectively, and respond flexibly to life's challenges. When we move outside this window, we can experience hyperarousal or hypoarousal.

Here are a few strategies to help manage emotional dysregulation:

- Develop grounding skills, such as mindful breathing or other specific grounding strategies that can be accessed immediately, including engaging the five senses or counting.
- Identify triggers and patterns that contribute to emotional overwhelm. This can be done with a qualified mental health professional.
- Learn to recognise your own signs of hyperarousal and hypoarousal so you can intervene early. Have a toolbox of strategies ready to help you return to your Window of Tolerance.
- Seek supportive relationships and co-regulation. Safe connection with others can help stabilise the nervous system and increase emotional resilience.

With practice, emotional regulation skills can strengthen, helping the nervous system become more flexible and resilient over time.

The Whole Woman:

Rethinking MENOPAUSE Through an Integrated Lens

By NEELEY MOORE,
Compassionate Inquiry Therapist

For much of medical history, women were considered too complex to study. Their cyclical hormones, shifting physiology, and emotional variability were viewed as obstacles rather than essential aspects of human biology. This assumption created a legacy of under-research, particularly around menopause, and left significant gaps in understanding how hormonal changes shape emotional and psychological wellbeing. The complexity of women's bodies was treated as a problem to avoid rather than a landscape rich with information waiting to be understood. The result was the neglect of tailored, evidence-based care for half of the population.

Thankfully, we are now witnessing a long-overdue shift. Menopause has finally entered public conversation not as an obscure or inconvenient topic, but as an area of growing research, advocacy, and clinical attention. We are moving toward a more integrated approach that considers the whole woman rather than simply quietening symptoms. More women are speaking openly about their experiences, and workplaces are beginning to acknowledge hormonal wellbeing. Conditions such as endometriosis, infertility, PMDD, and menopause are no longer confined to secrecy. And yet, as the medical conversation evolves, another equally necessary conversation emerges: the emotional one. Hormones influence far more than just physical symptoms. They shape mood, identity, relationships, and the way a woman experiences herself.

As a Compassionate Inquiry practitioner trained in Dr Gabor Maté's trauma-informed approach, I am deeply interested in this intersection. My work is guided by a desire to understand the whole woman. Not only her symptoms, but her story. Not only her hormones, but her nervous system, her relationships, her patterns of survival, and the meanings she has carried throughout her life.

Women are not separate parts.

They are daughters, sisters, partners, mothers, friends, workers, caregivers, and creators. They are shaped by culture, expectation, identity, and the roles they have held. Their physiology is inseparable from their lived experience. From this perspective, hormonal transitions are not simply biochemical events.

They are whole-system experiences that touch every layer of a woman's life. The nervous system, endocrine system, immune system, emotional relationships, and sense of self are deeply interconnected. Many women describe feeling raw, anxious, overwhelmed, irritable, grief-stricken, exhausted, or disconnected from themselves. Strategies that once helped them survive, such as people pleasing, over-functioning, self-silencing, or hyper-independence, can suddenly become impossible to maintain.

In this way, midlife becomes an invitation.

An invitation to listen to the body rather than override it.

An invitation to ask:

- Who have I become in order to survive?
- What needs have gone unmet?
- What parts of myself have I left behind?
- What boundaries must shift to honour my wellbeing?

Menopause is often portrayed as a time of decline or upheaval, yet it can also be a time of profound wisdom. A time when the body asks to be heard. A time of clarity, truth, and reorientation. It is not an ending but another beginning, a season of returning to oneself. The body's changes can become a guide rather than a threat, pointing toward what is no longer sustainable and what is ready to bloom.

Women need spaces where they do not have to minimise their experience or navigate these transitions alone. Spaces where their bodies are listened to, where symptoms are met with curiosity, and where emotional pain is understood within the wider context of their lives. My intention is to offer such a space. A space where women can reconnect with themselves and feel supported in understanding the full complexity of their experience.

I am passionate about challenging the silence and medical dismissal that many women have faced. Too many have been told they are too emotional, unstable, dramatic, or imagining their symptoms. Too many have been left without answers while navigating profound neuroendocrine shifts that affect mood, cognition, sleep, identity, sexuality, and emotional regulation. This dismissal has caused harm, and it is time for a different narrative.

Thankfully, courageous advocates are helping to reshape the conversation. Women such as Vicky Pattison, who speaks openly about PMDD and medical dismissal, and Georgie Wileman, whose documentary This Is Endometriosis illuminates the lived reality of endometriosis. Their voices create space for truth, visibility, and compassionate care.

Every woman deserves to be deeply seen.

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REQUEST AN APPOINTMENT

JOY
CHAOS
HAPPINESS
CHANGE
HOPE
ANXIETY

Art speaks to us in different ways.

Book Recommendation

By Nicola Wilkins, Psychotherapeutic Counsellor & Somatic Therapist

"Facing Codependence by Pia Mellody changed my life. When I started therapy in 2009, I described a pattern of my family dynamics and the way I related to the world. I was so lost and confused and did not know my own reality. This book along with therapy helped me to find myself, set boundaries, not accept unacceptable behaviour and know I am a worthy person ... this inspired me to shine my light to help others come out of the darkness of emotional pain. This book played a pivotal role in helping me become a therapist and I am now blessed to be able to pass this on in my therapy sessions."

HEALING through the Arts

By Tim Fowler
timfowler.co.uk

Like an Autumn Tree

by Gisela Jachniuk

The wind miraculously blows
lifting the leaves just an inch from the floor,

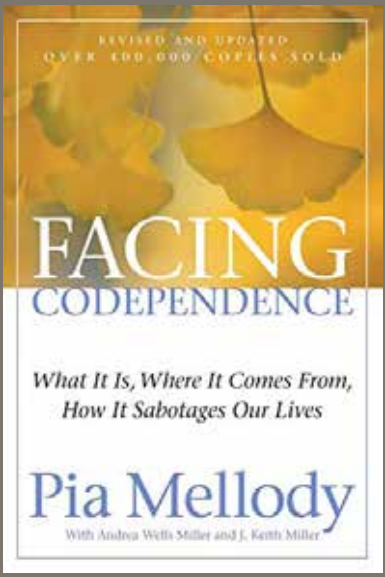
I breathe the view,
I smell the air,
I feel myself grounded on the earth,
and I wonder...
How would it feel to be, for one day,
an autumn tree?

A full cycle of dress,
thousands of leaves giving you shape,
and then, day by day, shedding each of them,
to stand naked in the cold,
publicly exposing your naked bones,
feeling the frost embrace the wind,

Weakness and Power in a single beat
Empowered vulnerability.

I look around, dressed in my coat,
full of stories that made me who I was,
but I am no more...

Facing Codependence by Pia Mellody is a groundbreaking guide that delves into the roots of codependent behaviour and offers a path to recovery. Mellody identifies five primary symptoms of codependence and traces their origins to various forms of childhood abuse—emotional, spiritual, intellectual, physical, and sexual. This book provides a comprehensive framework for understanding and healing from codependence, emphasising the importance of addressing the wounded inner child. With over 600,000 copies sold, this revised edition incorporates more than 15 years of research and clinical work, making it an essential read for anyone seeking to break free from the cycle of codependence.



ASSESSMENTS + REPORTS + THERAPY

Harvest Therapy
Psychotherapy & Wellbeing

PRACTITIONERS' LISTING

"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, Harvest Therapy Founder

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 mould."

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.)

COUNSELLING PSYCHOLOGISTS

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

Dr Nick Carragher – HCPC

Clinical Psychologist
Individual Therapy

"Change happens when we understand not only our thoughts and behaviours, but also the identities and environments that influence them. I aim to help people grow with both insight and self-compassion."

Therapeutic Approach:
CFT, Narrative, ACT, CBT, Psychodynamic and Psychosexual

Expertise:
LGBTQIA+, HIV, Relationship Issues, Anxiety, Life Changes

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:
Life Transitions, Anxiety, Relationships

INTEGRATIVE THERAPY & 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

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, CBT & EMDR

Expertise:
Trauma /PTSD,
ADHD / Neurodiversity,
Women's Health

Matthew Wood - UKCP

Integrative Psychotherapist
Individual Therapy

"We come to know ourselves not by erasing our pain, but by listening to what it reveals about the life we have lived."

Therapeutic Approach:
Integrative Approach

Expertise:
OCD, Trauma/PTSD,
Social Anxiety/Self-Esteem,
Support after life-changing diagnosis or loss

Katya Poznyak - BACP

Integrative Psychotherapist and Couple Counsellor
Individuals & Couples

"Every journey begins with a single step. Therapy is your space to explore, reflect, and grow—an empowering process where challenges become opportunities, and self-discovery leads to lasting change."

Therapeutic Approach:
Integrative Approach

Expertise:
Stress, Trauma, Sense of Self,
Separation, Communication Issues

INTEGRATIVE PSYCHOTHERAPISTS

Joanne Arnold - MBACP & NCPS

Integrative Psychotherapist & Compulsive Behaviour Specialist
Individual Therapy

"My aim is to assist you in locating, understanding and working through trauma and important experiences that may be blocking the potential within you."

Therapeutic Approach:
Integrative Psychotherapy & Addiction Therapy

Expertise:
Compulsive Sexual Behaviour / Sex and Porn Addiction,
Substance Misuse
Survivors of Domestic Abuse (Female and Male)

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+

Inga Jarkikh - BACP, COSRT & ACC

Psychotherapist, Nutritional therapist & Coach
Individual Therapy

"I value genuine human connection over clinical distance."

Therapeutic Approach:
Integrative & Psychodynamic Therapy
Nutritional Therapist

Expertise:
Eating Disorders,
ME/CFS and Chronic Fatigue,
Women's Issues - Hormonal

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

INTEGRATIVE & GESTALT THERAPISTS

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, & Psychodynamic

Expertise:
Attachment, Trauma, Embodiment & Symbolism

RATSAMEE HUCKFIELD - BACP

Integrative Psychotherapist
Individual Therapy

"Held in a calm and compassionate space, you can begin to make sense of your feelings, reconnect with yourself, and discover the strength that has always been yours."

Therapeutic Approach:
Integrative & CBT

Expertise:
Anxiety & Depression,
Burnout & Overwhelm, Emotional Regulation

RAUL APARICI - UKCP CPJA

Gestalt Psychotherapist
Individual Therapy

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

Therapeutic Approach:
Gestalt Therapist

Expertise:
Anxiety,
Meaning & Purpose,
Work Related Issues,
LGBTQIA+

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

PSYCHODYNAMIC PSYCHOTHERAPISTS

Em Farrell - CPUK & 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, Couples Counsellor & Supervisor
Working with Individuls, Children, Adolescents & Couples

"Life doesn't improve by chance – it improves through change"

Therapeutic Approach:
Psychoanalytic & Psychodynamic

Expertise:
Relationship Issues/Parenting Difficulties,
Abuse (Emotional, Physical, Sexual, Financial or Neglect)
Self-harm, Trauma, OCD,
Anxiety, Low Mood, & Emotional Difficulties

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 & 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

PSYCHODYNAMIC PSYCHOTHERAPISTS

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,
Relationship Difficulties

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 & 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 & Psychodynamic

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

Bart Jessel - MBACP

Integrative Therapist
Individual Therapy

"The privilege of a lifetime is to become who you truly are." – Carl Jung

Therapeutic Approach:
Integrative: Psychodynamic, Person-Centred & Cognitive-Behavioural

Expertise:
Relationship and Family Difficulties,
Feeling stuck or lacking direction in life,
Low Self-esteem and a Critical Inner Voice

COUPLES & FAMILY THERAPY

Saidat Khan - BACP, COSRT & ACC

Integrative Psychotherapist and EMDR Therapist
Individual & Couple Counselling

"I help people understand the roots of their patterns, reclaim their confidence, and create meaningful changes through therapy"

Therapeutic Approach:
Integrative therapy: CBT, Psychosexual EMDR & Couple Counselling

Expertise:
Addictions, Psychosexual & Relationship therapy, EMDR Trauma

Noah Solarin - UKCP

Family Systematic Psychotherapist & Couple Counsellor
Individual, Couples & Families

"We are always in the process of becoming—both as individuals and within our relationships."

Therapeutic Approach:
Integrative & Systemic

Expertise:
Communication, Conflict, and Emotional Disconnection, Relationships impacted by mental health difficulties or illness, Intercultural Relationships, Parenting

Lina Milner - UKCP, 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 & Mindfulness

Expertise:
Co-dependency, Self-esteem, Relationships

DRAMATHERAPY & CREATIVE 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 & Psychodynamic

Expertise:
Relationship Issues, Managing PMS/PMDD, Trauma/PTSD, Anxiety, Depression, OCD

Maria Troupkou - UKCP & ADMPuk

Embodied Creative Psychotherapist
Individual - Parent & Child

"Every person carries a unique story, and I offer a creative and supportive space in which you 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

Raquel Patterson - HCPC

Dramatherapist & Psychotherapist
Individual - Parent, Child & Teens

"When we create space for stories to unfold, we invite healing to take root and growth to flourish in its own time."

Therapeutic Approach:
Person-centred, Psychotherapy, Psychodynamic, Clinical Theatrical Approaches

Expertise:
Trauma, Attachment, Mental Health Conditions, Neurodivergent and Parental Care

SOMATIC & POLYVAGAL THERAPY

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 Method & Somatic Therapist

Expertise:

Addiction Recovery, Mind-Body Connection, Midlife 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 & Somatic Therapy

Expertise:

Anxiety, Bereavement, Depression, Identity, LGBTQIA+, 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 Relational & Compassion-Focused

Expertise:

Trauma, Chronic Stress & Hidden Burnout in High-Functioning Individuals

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

CREATIVE, SOMATIC THERAPY & COACH

Margarita Deligianni - ADMP UK

Creative Somatic Therapist
Individual, Adolescents & Couples

"You were never broken."
- Jeff Foster

Therapeutic Approach:
Creative Psychotherapist

Expertise:
ADHD & ASD,
Feelings of being Stuck,
Anxiety & Phobias

Noemie Redon -HCPC Baat

Art Psychotherapist
Individual, Adolescents & Childrens

"In the quiet work of making, new movement becomes possible where life once felt frozen."

Therapeutic Approach:
Integrative, Creative & Process-Focused

Expertise:
Anxiety, Stress & Emotional Overwhelm,
Relationship & Attachment Difficulties,
Self-Esteem, Identity & Emotional Regulation

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

Kimberly Jano - BABCP

Cognitive Behaviour Psychotherapist
Individual Therapy

"My aim is to help you feel steadier, more centred,
and more connected to yourself, so that life begins
to feel a little lighter and more manageable again."

Therapeutic Approach:
CBT & Wellbeing

Expertise:
OCD,
Phobias/ Fears / Worry,
Panic Attacks

HEALTH COACH &

D. Ceylan Onay Semiz - AC & UKIHCA

Counselling-Informed Health & Behaviour Coach
Individual Therapy

"I work in the space where behaviour, identity, and self-expression meet. Through my 3A Model Awareness, Alignment, Appearance I help clients understand the patterns that keep them stuck, and express real change in how they live, relate, and show up."

Therapeutic Approach:
Coaching & Emotional Dressing

Expertise:
Emotional Eating, Body Image, Self-Confidence & Life Transitions

Eliana Velasquez - MBACP

Existential & Psychodynamic Psychotherapist
Individual Therapy

"I believe that personal growth is rarely linear. Rather, it is a gradual untangling of who we are, who we have been asked to become, and who we may yet be."

Therapeutic Approach:
Existential-Phenomenology, Psychodynamic, Trauma-Informed

Expertise:
Trauma & PTSD, Anxiety & Depression, Grief & Loss
Relationship Difficulties, Life Transitions
Identity & Existential Questions, Trauma & Low Self-esteem

EXISTENTIAL

GROUP THERAPY

SUNDAYS 12.15 PM to 1.30 PM

LATE-DIAGNOSED ADHD & THE JOURNEY HOME

Facilitated by Neeley Moore, Compassionate Inquiry Therapist

A small-group retreat for women discovering themselves in midlife.
"For years I believed I was: Too emotional. Too sensitive. Too scattered. Too intense. My ADHD diagnosis did not give me an identity. It gave me compassion."

Therapeutic Approach:
Compassionate Inquiry Method | Somatic Grounding & Embodiment | Relational Dialogue & Emotional Safety

Fee £150 (five sessions) - email us at info@harvest-therapy.co.uk

Harvest Therapy
Psychotherapy & Wellbeing

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