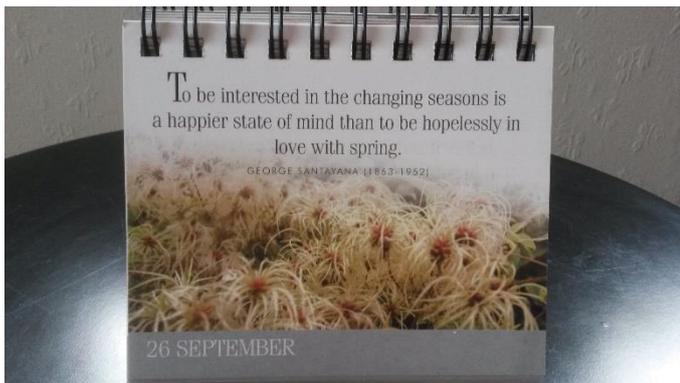


Stephanie Johnson and Sarah Talbot

Turning our calendar last week, I reflected on the words below:

"To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring"



Wise words indeed! But what if it's not that easy? The NHS estimates that 1 in 15 people in the UK are affected by Seasonal affective disorder (SAD) between the months of September and April.

"It's as if my mind turns as grey as the clouds".

What if this is you? Or what if your circumstances make it really difficult to be in any kind of 'happy' state of mind?

The practice of Mindfulness is one way to see the beauty in an otherwise grey day.

The following two photographs were taken at the same time: The first looks out towards the rough sea; and the second focusses on the colourful wet pebbles at my feet. Same day, different view...



As the trees let go of their leaves, it can be a good time to let something go ourselves. Perhaps to let go of unwanted thoughts, patterns or behaviours, prepare to make changes, and to start to live a life of choice.

One of our Counsellors (Karen) looks at the ways that talking therapies can help, and our Art Therapist (Catherine) explains a little more about a therapy that involves expression when words are not enough.

A time to reflect by Karen Butler

As Autumn creeps upon us, the earth bares its fruits and curls up to rest and rejuvenate over the Winter.



This can also be a time when we start to notice the stresses and strains that we have been carrying. Clients often come to therapy when they become aware that life is not going quite as they want it to, that they no longer feel the spring in their step that they once did. Generally speaking, we are not in a position to change the world

around us; however, we do have control over ourselves.

Our behaviours serve a purpose, but they may not always be the most effective way of achieving what we need. For some of us, getting angry served to keep painful experiences away; for others, being subservient meant that we were not noticed and, therefore, avoided uncomfortable situations. The effects of these defensive behaviours can become problematic as we grow up. However, the reasons that such behaviours developed in the first place are often not recognised.

Counselling can help us to understand what is getting in our way, and how or why such thought patterns and / or behaviours developed in the first place. Understanding this then gives us a choice for the future. It can free us from the stories that we constantly re-play in our own heads and allow us to live in the moment, appreciating what is, right here, right now.





Counselling is not a magic wand. Any change is hard work. Developing new thought patterns and behaviours is as hard as developing any other new skill, such as learning to play a musical instrument, or learning to drive a car. As with learning other new skills, the rewards can be plentiful and lead to a more satisfying life experience.

Karen offers psychotherapeutic counselling to children and adults and can be contacted on 07497 679477 or karen@bridgecp.co.uk

This month celebrates the third anniversary of Riverside Wellbeing.



The past year has been our busiest so far. Throughout this time we have been delighted to provide treatments (Sports Massage) at a local charity run - see July's Newsletter, and school Wellbeing Days of:

Reiki; Reflexology; Alexander Technique; Bowen Technique; Chinese Medicinal Massage and Sports Massage. All fully booked.

We have grown over this time from 5, to **20 practitioners** and are very proud to offer such an excellent and varied choice of professional therapies and treatments. One of the therapists joining us this year is Catherine, who offers something a little bit different.

Art Therapy by Catherine Pamplin

Creativity and art-making can bring great pleasure and catharsis. Whether an exquisite masterpiece, or the playful scribbles of a child, art has the power to move and inspire us. I have found that art is equally potent through life's ups and downs; being a means of expressing and venting the full spectrum of human emotions.

Art therapy is a form of psychotherapy that, together with the option of talking, uses art-making as the main form of exploration, expression and communication. Depression, loss, grief, trauma, abuse, anxiety and mental and physical illness can all be addressed in art therapy.

Some will find the emotional expression and personal insight to be the most helpful aspect of art therapy. For others the production of something creative can boost confidence, self-esteem and give a sense of purpose or worth where these may have been lacking. Others still may value the chance to find closure through art-making (or its destruction!) or perhaps capture and cherish precious memories

into something that can be kept or perhaps, in time, shared.

In the painting featured here, I tried to depict Art Therapy.



The main large circle represents the safe space (both physical and metaphorical) where therapy takes place. The two circles within it represent myself as the therapist (on the right; offering warmth and care, being open and non-judgemental); and the client, on the left, who may be struggling in some way. Outside the main circle I represent the pleasures and challenges of life ...and include three other circles, portraying other people who might offer support when it's needed.

My own Art Therapy helped me to recognise unexpected truths about myself, see what was not working in my life and ultimately enabled me to make decisions and changes for the better. If you are wondering whether art therapy might be beneficial for you, please do get in touch. 07904 809006 catpamplin@gmail.com

The full articles written by both therapists; further information on what we offer, and on all of our practitioners can be found on our website:



Website: www.riversidewellbeing.com

Thank you for reading.

If you would like to subscribe to receive our Newsletter by email, please contact us:

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We're here to help



(Additional photos by Stephanie Johnson)