
Village Business

Emotional Therapy- Our Local Practice

Everyday life presents us with mundane but compelling challenges. When we are balanced we are able to deal more or less effectively with these challenges.

But there are times

when our coping mechanisms are no longer able to help us.

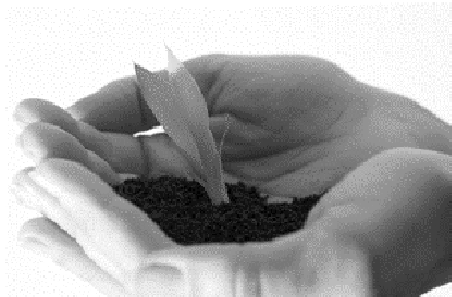
If you are suffering from stress, depression, confusion, anxiety, eating disorders, family problems, difficult relationships, or an inability to cope, then Emotional Therapy can help.

A Space for Healing

Emotional Therapy holds the holistic premise that the spirit is of equal importance to the mind and body. It helps us to bypass the rational mind and address the source of our distress. This allows a space for healing and the opportunity to create a fulfilling and positive life.

Therapy is a safe place to face the blocks that prevent us from moving forward. We may feel stuck, repeating past mistakes, and following old familiar patterns of behaviour. *Often the problem is not knowing what the problem is.* In other instances we know what the problem is, but we are unable to *feel* differently about it.

I qualified as a Traditional Acupuncturist in 1992, and later incorporated Chinese Herbal Medicine into my practice. Over the years I came to appreciate that many of the physical symptoms experienced by



clients have their origins in emotional pain. ET enabled me to 'go deeper' into the causes of distress and assist clients in retrieving their sense of self.

Inner Child

Emotional Therapy uses the 'inner child' model. It recognizes that feelings of shame, guilt, anxiety, fear and anger can have their origins in our childhood. In therapy we explore current situations whilst making connections with early experiences.

Unleashing buried feelings can be overwhelming. A key aspect of emotional therapy is the range of techniques used to help process these feelings and not simply rationalize them. Amongst the repertoire of tools are creative exercises: journal work, dream work and creative self expression, along with other techniques unique to ET. Each session is tailored to your individual needs and follow - up work outside the session may also be prescribed to give support and continuity.

At the Surgery

My local practice is at the New Doctors' Surgery, Meadow Lane, Shipton-under-Wychwood on Tuesdays and Fridays. *A free 15 minute consultation is available.*

Pam Quirke

For further details phone: **07875 429822**
Email: pam_quirkeleach@yahoo.co.uk
Website: www.wychwoodhealing.co.uk