



Liz Whiteley
Counselling & Psychotherapy



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ACCESSIBLE THERAPY FOR ALL
SPECIALISE IN

- DISABILITY
 - TRAUMA
 - PRE-TRIAL THERAPY
- OFFERING ONLINE THERAPY

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COUNSELLING &
PSYCHOTHERAPY

Can you believe it is nearly April?!



times.

23rd March was officially 1 year since the first lockdown. Now forever known as National Day of Reflection, a day to stop and think of the hundreds and thousands of lives lost no matter what the course, during these unprecedented

I also feel it is a time to reflect on our strength and courage, perseverance and community, for all those who lived alone, all those that had lockdown babies, all those that were separated from their support networks and lifeline.

This has been (and still is) a globe pandemic, and yet people have never felt so

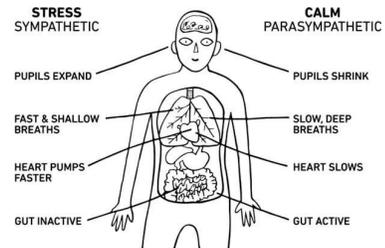
alone.

This poem, 'The Same Boat' by Julie Sheldon, was produced for Ledbury Poetry Festival in July 2020. It really resonated with me, and I wanted to share it with you today.

[Lockdown poems]

Blog posts

For those following my blog, I have decided to do a series of blogs around Trauma Responses. This is based on our physiological response, and I have begun the series talking about the Autonomic Nervous System, specifically the Fight or Flight Response. Those who have worked with me know I feel it is important for all my clients to learn about their own physiological responses and know I put psychoeducation at the forefront of my client's support. I am hoping these posts will be an extension of that.



Due to high demand, I have added extra evening sessions on a Thursday along with my current evening sessions on a Wednesday. These include 3.00pm - 4.30pm - 6.00pm - 7.30pm. if anyone is interested, please do get in touch

Extra late night appointments added!

Kind regards,
Your Team at Company Name



Beighton, Sheffield S20 1HE

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