

It's good to talk

In the next issue of btn Magazine (due out in August), our resident expert on Psychological matters, Anil Arora, will be on hand to provide answers and support to individuals seeking further advice on emotional issues. As an introduction to this topic, we find out just a little bit more about the benefits to be gained from visiting a Psychotherapist.

So, just what is psychotherapy? There are many different types of psychotherapy. They are all ways of helping people to overcome stress, emotional problems, relationship problems or troublesome habits. What they have in common is that they are all treatments based on talking to another person and sometimes doing things together. They are the "talking treatments".

Talking to a Psychotherapist offers the client an alternative way to deal with emotional issues, rather than visiting the doctor and getting medication. Many people fail to put the same emphasis on their mental well-being as their physical well-being, and yet in many ways, adopting a positive mental approach can provide personal results and goals that far outweigh anything achieved physically.

Anil, who is based at the Natural Health Centre on Bridge Street, says that "people often spend vast sums of money on expensive holidays to de-stress and get away from it all for a few days or weeks, only to come back to the same old issues, whereas they'd be far better off investing some of that money on ensuring that their daily life was stress-free in the first place."

Anil offers clients an alternative to traditional NHS treatments, by providing advice on emotional and psychological distress, and also helping people to deal with anxiety and bereavement issues. In addition to being a fully qualified psychotherapist, he is also a qualified hypnotherapist and life coach.

Life coaching has really hit the headlines in the last couple of years, with many people discussing its virtues in the media. It is said to help empower people to discover the life that truly fulfils them, and thus gives them the tools to go out and make it happen. It's all about helping people feel supported, more focused, confident in their own ability, and motivated.

If you have any questions for Anil, regarding emotional or mental health issues, please write to him c/o The Natural Health Centre, 23, Bridge Street, Burton-On-Trent, Staffordshire DE14 1SY or email on info@transformational-hypnosis.co.uk Tel: 01283 516444, mobile 07968307209. We may publish individual questions but we will not disclose any personal details whatsoever.



Anil Arora

Equilibrium Chiropractic

Chiropractic is the Science, Art and Philosophy that concerns itself with the restoration of good health by restoring and maintaining a properly functioning neuromusculoskeletal system, without the use of drugs or surgery.

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