



Harmony Centre News

The perfect setting for healing, learning and development
Autumn/Winter 2019
No. 35

Editorial by Paul Parolin DC CST

With a country still divided and winter looming it's good to know there is a place you can go for upliftment and improve your quality of life. Yes the Harmony Centre is still going after over 18 years providing help for the local community. We are here for your physical, mental, emotional and spiritual needs whoever you are. On the second page of this newsletter is a list of the therapies we offer and on the fourth classes and courses.

Firstly Sue Roberts has written a really good piece on the difference between help that comes from those close to us and a person trained to listen. A trained counsellor offers a safe place in which to help you find a way forward whatever your problems may be.

Sharon talks about connective tissues called fascia which may be a cause of chronic pain. She is trained in myofascial soft tissue release techniques which can gently relieve pain, restore balance, movement and overall health.

Vanessa introduces us to Mindfulness as a therapy and how it can help relieve symptoms of stress and mental health concerns whilst EMDR can help heal from disturbing life experiences by breaking associations with certain circumstances.



We have two new faces to introduce as well. Sue Cooke who is a Member of the Society of Homeopaths and talks about homeopathy and how it works. She offers a person centered approach and is able to work alongside conventional medicine and other complementary health practitioners. Holistic therapist Sarah Spooner has also joined us also offering Chakra Balancing and Crystal Healing. Sarah, a local girl, writes about her personal journey from chronic health problems to now offering help, inspiration and motivation to others who have goals they want to realize.

Family and Friends by Sue Roberts Couns, MBACP

Isn't it strange how other people always know what's best for you?

Whenever we have problems, someone in the family, or a good friend, tends to be the first person we turn to, just to let off steam or perhaps to get some advice.

But sadly, this isn't always the best idea. People think they know you well. They want to help. They also think they know exactly what you should do. So rather than listening to you carefully and then trying to help you come to a good decision, how do they react? They come up with a solution. Often they have a very definite idea of what you should be doing and in fact don't take your feelings enough into account. Just to make things worse, sometimes your nearest and dearest may have an agenda of their own which affects what they say to you!

And if you try asking a number of people for help, the chances are that you'll become completely confused. There'll be lots of different suggestions, so how do you decide which is right for you? And how do you feel about it all when you haven't been able to work on your own ideas?

As a counsellor/psychotherapist, I'm trained to listen to and support my clients. I'm not there to give easy answers or to tick boxes. My role is to create a safe place for you to think about and discuss your problems and then to find a way forward for yourself. You won't be judged or bullied and the sessions will go at your pace according to your priorities. Clients will

sometimes say things like "I did what you told me to do last week," but in fact the ideas have come from them in talking with the counsellor. You are at the centre of things and as we get to know each other better you should feel able to share your fears and worries, knowing whatever you say will stay confidential. Finding a way through these worries may well not be easy, but you will have constant, unbiased support.

So if you're worried, concerned, at a loss about a situation you're in, or about someone close to you, why not try a free introductory half hour counselling session? You'll get an idea of how counselling works and about whether you and I will get on, with no obligation to continue. Just contact the Harmony Centre for a time that suits both of us!



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Fascia & Myofascial Soft Tissue Release

by Sharon Humphrey

BSc, Dip RM, Adv Dip MT (MSM)

What is Fascia?

Fascia is a strong flexible tissue found superficially and deep within our bodies that has been largely disregarded by the medical profession until recent years. The role of fascia was thought to be that of simple packaging but thanks to research within the last 10-15 years, the more complex role of fascia is now more fully understood. It has been found to be the body's main source of structural support and plays a vital role in internal communication, which works quicker than the nervous system.

Fascia is a type of connective tissue that forms a 3 dimensional web throughout our bodies. This fine white tissue forms a whole body stocking that wraps us like cling film under our skin. Thin threads lead down into the body to form deep fascial sheaths, which encase our muscles. Fascia also adds strength to our bones, ligaments and tendons, protects and supports our blood vessels, nerves and internal organs.

Causes of Fascial pain

In its normal healthy state, fascia contains a high proportion of water, which allows it to change shape and move freely as we move. Keeping hydrated is important because if fascia becomes dehydrated it can become brittle and snap with little force. Damaged fascia creates a snag in the web, which can pull on neighbouring tissues, similar to a snag in a jumper that runs, causing the fascia to become distorted, lose its flexibility and cause fascial restrictions. Over time these restrictions can spread and lead to limited range of movement of our muscles and joints and cause chronic pain. Common causes of fascial pain are injury, repetitive movement, poor posture and stress (both physical and emotional) which can lead to conditions such as headaches, frozen shoulder, sciatica, plantar fasciitis and fibromyalgia

What is Myofascial Soft Tissue Release?

Myofascial soft tissue release is a gentle 'hands on' technique that reduces pain by working on releasing muscle and fascial restrictions. As a therapist, I focus on slowly manipulating the tissues often with slight traction, pressure, or active and passive movement of the restricted joint. Myofascial soft tissue release can relax the nervous system, which helps to override pain messages. This allows the mind to 'let go' of trapped emotional stress, often associated with chronic pain, thus restoring balance, movement and improving overall health.



Myofascial soft tissue release of an area commonly associated with pain and restricted movement of the shoulder

Therapies and Practitioners

Acupuncture	Sue Hooker
Allergy Testing	Frances Arnold
Aromatherapy	Tanya Bradbury
Astrology	Liz Hills
Ayurvedic Consultation	Tanya Bradbury
Ayurvedic Marma Massage	Tanya Bradbury
Caeayarons Angelic Love Frequency	Sharon Bloom
Chakra Balancing & Crystal Healing	Sarah Spooner
Chiropractic	Paul Parolin
Counselling/Psychotherapy	Sue Prendergast
	Sue Roberts
Craniosacral Therapy	Paul Parolin
EMDR	Vanessa Murphy
Healing: Reiki/Spiritual	Paul Eagle
	Suzanne Mann
	Judith Samuel
	Ana Wilkinson
Health Kinesiology	Frances Arnold
Herbal Medicine	David Bescoby
Holistic Massage	Ana Wilkinson
Holistic Therapy	Sarah Spooner
Homoeopathy	Sue Cooke
	Peter Healey
Hopi Ear Candling	Judith Samuel
Hypnotherapy	Paul Eagle
	Suzanne Mann
Indian Head Massage	Judith Samuel
Life Coaching	Suzanne Mann
Lymph Massage	Ana Wilkinson
Remedial Massage	Sharon Humphrey
NLP	Paul Eagle
	Suzanne Mann
Past Life Regression	Paul Eagle
Phobia free in 3!	Suzanne Mann
Physiotherapy	Sue Hooker
	Evie Prince
Reflexology	Judith Samuel
Rhythmic Body Massage	Tanya Bradbury
Shiatsu	Cindy Engel
Shirobhyanga	Tanya Bradbury
Stop Smoking for Life	Suzanne Mann
Thai Massage	Ana Wilkinson
The Art of Being Present - Breema	Ana Wilkinson
The Form Reality Practice	Venetia Campbell
Weight Management	Suzanne Mann

Our Vision

A well established complementary health and wellness centre promoting healing, learning and personal development in harmony with the spirit of nature and humanity

Working in the heart of the community with growing international connections

NEW FACES

Homeopath, Sue Cooke RS Hom LHCEA



I have been using homeopathic remedies on myself, my family and pets for nearly 20 years. Seeing first hand, the wonderful results homeopathy had, inspired me to train to become a

homeopath so I could help other people. I am a licentiate of the Homeopathic College of East Anglia and a member of the Society of Homeopaths. The largest professional registering body of Homeopaths in the UK. I qualified after 4 years extensive training which included Anatomy and Physiology. I am also a qualified EFT level 3 advanced practitioner. Homeopathy has been practiced for over 200 years worldwide and is the 2nd biggest medicine in the world. It is a traditional system of medicine that focuses on the 'whole' person working holistically to help restore the wellbeing of the person. We use safe, natural remedies that are gentle on your system yet are a powerful catalyst to help your body heal itself. We look at the elements of the 'dis-ease' of the person rather than the disease itself. Every patient is unique so therefore homeopathic medicines are carefully tailored to suit the individual person. Using a person centred approach I work with my patients to identify the

underlying cause so that together we can establish the best way to promote their physical and emotional wellbeing. I believe everyone should be given the time to talk about their health and problems with a caring, empathetic and compassionate health professional. I would like to help you regain a healthier and happier version of you. Homeopathy is drug free, safe, non-toxic, non-addictive, has no side effects and is easy to take. It is suitable for all ages from babies to the elderly and during pregnancy. It also works well for animals. Homeopathy can also work well as a complimentary medicine alongside conventional drugs. As a Homeopath, I am very happy to work alongside other practitioners such as a nutritionist, chiropractor, Osteopath, Cranial Therapist etc and of course the medical profession to assist in the recovery of the physical and mental wellbeing of a person. Homeopathy is both an art and a science.

Holistic Therapy, Chakra Balancing & Crystal Healing

Sarah Spooner Ba (hons) Dip, ITPL

After using The Harmony Centre over the last 6 years for my own healing & self-development it is an absolute delight to be able to introduce myself as a practicing Holistic Therapist. Being highly motivated and passionate about the work I do, means I will really encourage the changes you need to help move you forward in life. Offering not only a safe place for you to come and talk but a supportive service which will keep you accountable for your own goals and achievements.

I have always been a local lass as they say, my dad lived in Walpole as a child, as a family we lived in Wissett and I have now lived in Halesworth for the last 17 years. I have such a connection to our community and have spent the last 6 years self-employed offering a diverse range of supportive services within the local area. I communicate and work well with people of all ages having a clientele range from 11-87 years of age! Diagnosed in 2007 with Chronic Health conditions it took me years to be able to even walk my children to school. It was

through sheer desperation in 2013 that I contacted the centre looking for some holistic help. Ever since that day I have constantly been amazed by the benefits that come to my health through using alternative & Holistic treatments. I learnt to let go of unhealthy habits that not only impacted on my emotional health but contributed to my physical symptoms. Using meditation, Reiki and many other therapies I began my journey of self-love and self-care. I now run a furniture business, am self-employed and have even recently joined the gym! A mere shadow of who I was 6 years ago. I now always look at life holistically. It is my passion to see individuals grow in all aspects of life. It became obvious through my own journey that I needed to collaborate the education and experiences I have encountered to offer support, knowledge and healing to others. This is how SarahLou Solutions came about. Aiming to bring Balance and Harmony to modern day life by providing an active listening ear &

offering you non-judgemental support, aiming to aid clarification and direction. Motivating and inspiring you to reach your life goals & offering relaxation and well-being techniques as well as practical support. Get in touch to find out how we can work together to maximise your potential, provide clarity and achieve your goals



Regular Classes & Courses at the Centre

Tuesdays

9.30 - 11am

6.30 - 8pm

2nd Tuesdays

Of the month

Yoga

Mindfulness

Group Meditation

Tanya Bradbury

Vanessa Murphy

Vanessa Murphy

on rolling

Courses

availability on request

starting in January 2020

Wednesdays

Morning

6.15 - 7.45pm

Pilates

Qigong

Kim Harket

Sara Lasham

on rolling school term times

on rolling

Thursdays

1 - 2.30pm

6.30 - 8.00pm

Qigong

Yoga

Sara Lasham

Tanya Bradbury

on rolling

on rolling

MBSR

(Mindfulness Based Stress Reduction)

Vanessa Murphy

one to one or groups

availability on request

Universal Love Frequency

Sharon Bloom

one to one or groups

availability on request

Weekends

Saturday & Sunday

9 weekends 1/month

Massage Level 3 Diploma Course (ANM)

Ana Wilkinson

Next starting date early 29th February 2020

See website for all workshops and courses

Mindfulness and EMDR by Vanessa Murphy adv.di UKCP

My practices include mindfulness and EMDR. As interest stills grows amongst the public and clinicians and research grows here we answer some of questions on these subjects.

Mindfulness-based cognitive therapy and EMDR

How is mindfulness used in therapy?

Mindfulness-based cognitive therapy builds upon the

principles of cognitive **therapy** by using techniques such as **mindfulness** meditation to teach the patient to consciously pay attention to his thoughts and feelings without placing any judgments upon them, or without getting caught up in what could have been or might...

What is mindfulness based therapy?

In contrast, instead of changing thoughts, **mindfulness**-based therapies (MBTs) seek to change the relationship between the **anxious** person and his or her thoughts. In **mindfulness**-based **therapy**, the person focuses on the bodily sensations that arise when he or she is **anxious**.

UNDERSTANDING THE THREE ASPECTS OF MINDFULNESS

- Intention – Your intention is what you hope to get from practising mindfulness.
- Attention – Mindfulness is about paying attention to your inner or outer experience. ...
- Attitude – Mindfulness involves paying attention to certain attitudes, such as curiosity, acceptance and kindness.

What is Mindfulness a psychological therapy?

Regular **mindfulness** practice is believed to help further **psychological** insight and emotional healing, over time.

Mindfulness-based interventions, generally aimed at

relieving symptoms of stress, **mental** health concerns, and physical pain, can be used to address and treat a range of symptoms and concerns. Such as Depression, anxiety, loss, addiction and trauma,

EMDR

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the

symptoms and emotional distress that are the result of disturbing life experiences. ... **EMDR** therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma.

Can EMDR be used for anxiety?

EMDR is primarily **used** to overcome symptoms associated with post-traumatic stress disorder (PTSD). However, **EMDR** has been found to effectively alter mood and **anxiety** disorders, including depression, phobias, and panic disorder. ... **EMDR** is meant to break any associations you have between certain circumstances and symptoms.

What happens during EMDR?

Eye Movement Desensitization and Reprocessing (**EMDR**) is a form of therapy that helps people heal from trauma or other distressing life experiences. ... While the client focuses on the upsetting event, the therapist will begin sets of side-to-side eye

movements, sounds, or taps.

Vanessa offers Mindfulness based stress reduction and cognitive therapy groups and one to one session and EMDR one to one sessions.

Contact her on vanesssaamo@btinternet.com or 07961 135072 www.vanessa-murphy.co.uk



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