

# **THE JOURNAL OF STRESS MANAGEMENT**

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THE SOCIETY OF  
STRESS THERAPISTS**

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# THE SOCIETY OF STRESS MANAGERS TRADING AS THE SOCIETY OF STRESS THERAPISTS

The Association for Professional Stress Managers & Hypnotherapists  
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**STRESS: the reaction people have to an imbalance between the demands they perceive to be placed upon them and the resources they have to cope.**

The Society of Stress Managers was incorporated as a professional body on 1<sup>st</sup> February 1999. The Society is a Registered Company Limited by Guarantee and has a Council of Management with a provision for nine Directors and the Company Secretary. The Objects of The Society are:

to establish and promote a professional association for those persons qualified to nationally accredited standards in the skills of stress management and hypnotherapy;

to promote the training and continuing professional development of those persons;

to do all such things as are incidental or conducive to the attainment of these objects.

To meet these Objects The Society has adopted a 'Code of Conduct, Ethics and Practice', which sets out the principles that members of a professional association should follow at all times, both with their clients and their fellow Stress Managers. These principles include the ethical values of honesty, integrity and probity.

All hypnotherapists registered with the CNHC are expected to abide by the **CNHC** Code of Conduct, Performance and Ethics.

All members and potential members are invited to contact the Secretary of The Society of Stress Managers, Peter Matthews, for further information via the registered office address shown above or telephone 0161 652 2284 or email [petermatthews@manageyourstress.co.uk](mailto:petermatthews@manageyourstress.co.uk).

The Society's website can be found at  
[www.hypnotherapistsuk.co.uk](http://www.hypnotherapistsuk.co.uk)



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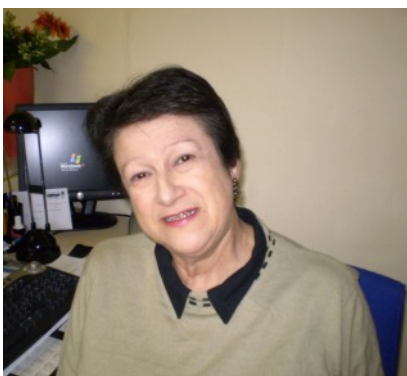
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## EDITORIAL

Thank you for all your positive comments about the last issue of the Journal.

It has been very encouraging collecting articles for this Edition. The world of hypnotherapy is in good shape it would seem, vibrant and open for business.

I hope you enjoy this Journal and do please feel free to send me contributions to the next one with interesting cases, funny incidents to do with your practice or anything that you feel is relevant, for ourselves and the online world to read.

I had a lovely letter from our previous Editor, Mike Dillon, with

congratulations on the last Journal and news of the writing he is doing in his retirement. We'll have a chance to hear him speak at our AGM in October. I hope to see you there!

Below is the picture taken at our last CPD Meeting at Judith Paulinska's house in July by Stef Richard's wife, Andrea.



We very much enjoyed our National CPD Meeting arranged by Gill Hines, and kindly hosted by Judith Paulinska. It was good to get together and talk about our practices. We had a very entertaining talk from Bev Barnsley and Pauline Yardley about Past Life Regression. The general consensus was: "The jury is out" on the subject! Do join us next time, same place, same time, different talk, in November. Full details are at the back of the Journal.



# DEALING WITH THE CONSCIOUS MIND (Part 2)

Stefan Richards FSSM, MHA, MHR, D.Hyp. Bridgford Therapy



In my article in the last journal I talked about how, by using a simple structured approach, we can help clients to identify distorted thinking patterns in the conscious mind. Having done that, we can then move on to look at ways in which we can help the client to change the way he or she thinks about events or situations. This, in turn, changes the way the client responds, and therefore changes the outcome. (Cognitive Behavioural Therapy in a nutshell!) My own approach to this process is to show the client some techniques which have proved successful for clients in the past – a “menu”, if you like, of techniques which the client may consider for their own use. I always stress that I am not, for one minute, suggesting that all of these techniques will be useful. The idea is that they can consider all of the options and “cherry pick” the ones that might be the most useful. I reproduce the list of techniques below, and have added further comments in italics for the purpose of clarification.

## Some Techniques of Self Management

### 1. Man is troubled not by things, but by the view he takes of them.

The **EVENT** + your **RESPONSE** = the **OUTCOME**.

Many people concentrate only on the event that is causing them problems

and often we have very little control over the event. (e.g. the unreasonable boss, other people’s children, the weather, etc.)

Ask yourself “Is my response to this situation logical, rational and in proportion”?

Remember that, unlike the event, you have some control over your response. *This is a quote from the Greek philosopher Epictetus, who went on to explain that “suffering occurs from trying to control what is uncontrollable, or from neglecting what is in our power”. This is as true now as it was in the first century AD, and is still the basis of psychotherapy.*

### 2. Accept that you ALWAYS have choices.

You may not like all of them, but you still have choices. E.g. “My boss said he would send me on a technical training course but nothing has happened.” Where are you in this process? Is it impossible to remind your boss?

Of course you shouldn’t have to remind your boss because he said he’d do it.

But he hasn’t! So what’s the alternative? You have a choice.

*The example above was actually me! I was merely whingeing about the problem instead of actually trying to solve it. When I did (eventually) remind my boss we sorted it the same day. The point is, that choice (to remind my boss) was always there.*

### 3. Ask yourself “Does it REALLY matter?”

If we analysed the times when we get very annoyed we would find that very often we get annoyed over relatively minor matters.

This is because when we are emotional (anger is an emotion) we are rarely logical.

Learn to put things in perspective. Is it really that important?

*I am sure all of us can identify with this. The sad thing is that it often takes something really dramatic for this “reframing” process to happen naturally – the death of a loved one, a natural disaster, for example – but clients will usually see this point relatively easily with some gentle prompting.*

### 4. Support your values behaviourally.

If health is important to you, you need to spend some of your energy on staying healthy. Similarly, if friendship is a primary value, you need to spend some of your energy on making and keeping friends. It won’t happen without the effort.

*Ask clients what are their 3 most important things in life at this moment. Then ask where all their energy goes. You (and they) will often find that their energy goes on things that they don’t consider are that important! This can be particularly relevant on retirement or redundancy. Although redundancy can be a shock, it can also be seen as a rare opportunity to step back and look at what is important in your life at that time.*

### 5. Learn to laugh honestly at yourself.

Humour is an effective way of releasing tension. Learn to see the humorous side of mishaps and misfortunes.

Feel you’ve made a fool of yourself? Have a laugh about it and see how people respond.

*I often go a stage further and suggest that the next time you make a fool of yourself, ring your best friend and ask if he or she wants a laugh. Then see*

how you feel about the incident the next morning.

## **6. Reward yourself for achieving unpleasant tasks.**

If some effort is involved, why not promise yourself a small reward when the task is completed? It doesn't have to be much. But now you have an incentive.

Don't wait for someone else to reward you – they may not appreciate the effort involved!

*During a talk I was giving on stress, a member of the audience said that his wife had been asking him for years to put some shelves up in the kitchen but he simply couldn't motivate himself. He then told us that he loved malt whisky but couldn't really afford it. So he got his last £20, went down to Sainsbury's and "blew the lot" (his words) on a bottle of Glenfiddich. He then told his wife that he wouldn't touch the bottle until the shelves were up. Two days later – Hey Presto!*

*I use this example all the time when I help people to stop smoking. Several have "rewarded themselves" with a trip to the Caribbean!*

## **7. Remember that personal values are PERSONAL.**

We all have likes and dislikes, things that are important to us, values that we live by.

But remember that all of these are important to us as individuals – they may not be of the same importance to others.

What seems sensible to one person may seem strange to others. Within reason, learn to be more tolerant of others' strange ways. And don't expect others to have the same values as you.

*In our joint practice my wife Andrea deals more with relationships than I do, but we both agree that common values are much more important than common interests in relationships. It is highly unlikely that we will all have similar values. Why would we, when we all have different influences in our lives? Ideally there will be some compromise when we have different values so that both values are taken into account to some extent. But if this can't be achieved then we need to at least be tolerant of the other's views.*

## **8. If you think you can or you think you can't.....you are absolutely right!**

If you think you can do something you will always find a way to do it. Difficulties simply become something to find a way round – to find a solution to. If you think you can't do something those same difficulties become proof that you can't do it!

*This is a quote from Henry Ford (of the Ford Motor Company) which completely changed my life in my early 20s. I suddenly realised that the reason we didn't have a nice car, nice house, holidays abroad, meals out etc. was.....me! I always had the mindset that I couldn't do things because.....*

*For example, I always wanted to play in a group but I couldn't because I didn't know anyone who played in a group. That simple barrier became something I perceived, with that mindset, that I couldn't solve. Two weeks after reading the quote from Henry Ford I was playing football and asked the lads if anyone knew anyone who played in a group. It turned out that one of my team-mates played in a group and they had just lost their guitarist! I subsequently played with that group for 15 years! The point is that, if I still had the "old" mindset I wouldn't even have asked the question. That was a brilliant lesson for me at an early age. From that moment I always believed that I can.*

## **9. Live by the "80:20 rule".**

If your objectives are unrealistic, you will always be disappointed that you didn't achieve them. How reasonable is it, for example, to want everyone to like everything that you do? No matter how kind or friendly you are we are all different and it is therefore highly likely that someone, somewhere, does not appreciate who or what you are.

Live by the "80:20 rule". If 80% of people think you are wonderful, live with the fact that 20% do not!

*Many years ago when I was working for a Building Society we had a new boss who said that he had noticed that when we had a group decision to make, we would get 80% of the way in a very short space of time and then spend a huge amount of time trying to sort the last 20%. He said that his philosophy was that if we were 80% happy with the decision we simply run*

*with it. This became our way of working – and meetings lasted for less than half the time from then on! It does not need much effort to adapt this to your dealings with clients. How many times do you see clients spending huge amounts of effort trying to deal with something relatively insignificant, and at the same time ignoring the 80% of their life that is ok? We do, of course, have to be careful not to trivialise something that the client feels is important, but you will often find that letting go of something that is not hugely important in the bigger picture can be a very useful step forward.*

## **10. Understand that there are only ever 3 types of problems.**

1. Problems you can solve yourself.
2. Problems you need some help with.
3. Problems you can do nothing about.

Note that there is no category where you moan about the problem but make no effort to find a solution! And yet that is exactly what we often do. Sometimes the solution is accepting that there is no solution! And if you accept that there is no solution, there is no point in moaning about it! Just shrug your shoulders and get on with your life.

*One of the most dysfunctional things that anyone can ever do is whinge and do nothing! (See No 2 above). Remember that **constant moaning with no attempt to change things has no effect in the long run and merely induces a general sense of pessimism, hopelessness and helplessness.***

So, these are ways in which clients can learn to change their thoughts, their feelings, their response, and therefore the outcome. They now understand the types of distorted thinking (see previous article) and they have some ideas as to how these can be changed. One very useful exercise at this stage is to hand out the 15 hypothetical scenarios once more (again see previous article) and ask the client to answer the questions again as "homework". At the next session you can then compare their new answers with the originals. The differences are often quite remarkable!

Stefan Richards  
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# BWRT™ – ALMOST MAGIC!

Terence Watts, MCGI

## BWRT™ is the acronym for **BrainWorking Recursive Therapy™**

a new therapeutic model ideal for when there is a need for a truly rapid fix of a problem. The situation where a client turns up with flying fear two days before their trip comes to mind! It's not just for minor situations though – it can be used over several sessions to work at complex or multi-faceted symptom patterns. It's hard to do justice to it in an article but suffice it to say that the therapists who have already learned it have greeted it with great excitement.

It has extra bonuses too:

- We don't have to explain abstract situations such as 'subconscious'
- We can easily explain why the client just *cannot* 'sort themselves out'
- We don't have to discover an ISE
- There's no need to explore sensitive or intimate issues
- It allows us to teach the client an instant (five seconds!) 'stress-buster'

The therapy model was inspired by the work of a scientist by the name of Benjamin Libet; in 1983, he made the startling discovery that all decisions are made by the physical brain more than one-third of a second before we are aware of them – 330 milliseconds to be precise. The idea takes some getting used to because it means that we really do not have free will... this is not guesswork, not an assumption but a scientifically proven fact. And if you're now thinking: "Well, yes, ok, but I can change my mind any time I want to!" you're quite right, you can. But that decision will still be made one third of a second before you are consciously aware of it. The experiments - involving a moving dot on a dial and the test subjects having to report what number it was on when they decided to lift their finger – have been replicated many times by other researchers but never successfully refuted.

## **Nothing Spooky...**

There's nothing mysterious or spooky about any of this and no assertion that everything in life is 'pre-ordained'. The truth is actually far simpler than that. The truth is that the physical brain responds continuously to input from the world and from our own senses, and continually assesses previous experience for associated response patterns. This happens far below the level of conscious awareness and so it's likely that what we have always considered to be the subconscious is actually the physical brain process. There's no value judgment being made, no 'good' or 'bad' course of action, just a pattern being matched to a stimulus. It's no more selective than a computer keyboard - every key is as valid as every other key, and it's only much later, when what we've typed appears on the screen, that a value judgment occurs when we assess whether what we have typed was what we wanted or not. The brain does not and cannot care, simply activating a pattern - which might be a thought or a motor action - that has been activated before in response to similar stimuli.

*A stimulus - data input - received by the brain covers around 50 meters of neural pathways in the 1/3 of a second before it reaches awareness, during which time it goes through thousands upon thousands of tests that check for a continued pattern match. Some of the neurons are as small as 1 mm long and the data input, which is travelling at around 350 kph or more, is tested up to 1000 times at each end of the neuron. For reference, the brain has around 85 bn neurons. (50 meters is around 55 yards and 350 kph is about 225 mph)*

This, of course, is why habits are hard to change. In the normal way, the brain triggers the behaviour pattern before we consciously know anything about it – all we can consciously do is stop it after it's already started. BWRT™, however, allows us to hijack the behaviour before it gets started.

## **The Therapy**

It took a while of studying brain science and creating something that was easy enough to grasp that it would be available to all therapists; this was followed by some two years of testing, to see that the results were good and that they held. They were and they do.

The eventual therapy model is based around the fact that by the time a stimulus has entered awareness, it has travelled approximately 50 meters of neural pathways. It's tested at every junction, or *synapse*, and in a manner still not fully understood by brain scientists, is routed to just one of up to 1000 neurones (although some sources quote 10,000 possibles.) So our task as therapists is to help the client make changes to the brain response as early in that 55 yard, 225 mph journey as it is possible to do so. BWRT™ makes it possible, via a simple technique, to create a new response pattern to any stimulus so that the action the brain triggers is one that we want. All we need is the worst memory of it that the client can consciously find.

What we do with that memory is unlike any other style of therapy you might have encountered. There's no NLP, EFT, Hypnosis, no 'Energy of the Universe' type of stuff, no meridians, CBT or any other method in common use. It's different and actually uses the reactive state of the client without them having to make any changes to whatever memory they have found... and yet what we do after that renders whatever they have found totally inactive. It's not covered in detail here but it starts by effectively freezing the brain processes so that the same data is in both brain and awareness. In the 'normal' state of affairs the brain is always that 1/3 second ahead of awareness and that situation can play havoc with therapy, introducing ideas and resistance that the therapist is not



even aware of (which is likely the reason why suggestion doesn't always 'take' in the way we would like it to...)

The name 'BrainWorking Recursive Therapy™' comes from what we do next, a recursive looping process that cements and reinforces the changes the client – not the therapist – has made. Two years of testing experience shows that the changes we make appear to be permanent and there is no evidence of symptom substitution or replacement. All in all, this looks set to become a mainstream

therapy over the course of time, if the current take-up and reviews are anything to go by. I now have a research partner, an eminent Doctor of Clinical Psychology, who says: *"I am astounded by the results... I've been a Clinical Psychologist for twenty-three years and I have yet to see a treatment work this fast and so effectively."*

BWRT™ has now been used to work effectively with PTSD, alcohol problems, gambling addiction, jealousy, eating difficulties, grief, porn

addiction, chocolate obsession, low self-esteem, OCD and many other diverse ills.

All the training for this therapy is currently being carried out online by live video feed and you can find out more at these two sites:

<http://www.bwrt.org>  
<http://www.essexinstitute.co.uk/brainwork.htm>

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### Marianne Williamson

Our deepest fear is not that we are inadequate  
Our deepest fear is that we are powerful beyond measure  
It's our light, not our darkness, that most frightens us.

We ask ourselves: who am I to be brilliant, gorgeous, talented and fabulous?  
Actually, who are you not to be?  
You are a child of the Universe.

Your playing small doesn't serve the world.

There is nothing enlightening about shrinking, so that other people won't feel insecure around you.

We are born to make manifest the glory of the universe that is within us. It's not just in some of us, it's in everyone.

And as we let our own light shine we unconsciously give other people permission  
To do the same.

And as we are liberated from our own fear,  
Our presence automatically liberates others.

### Paul Mckenna

Our muscular tension and body posture all influence our states. If your body is tense it is producing different chemicals to when it is relaxed, so of course you will feel different and think different thoughts.

Hand over  
the chocolate and no-one gets hurt."

Jane Murphy-Thresh

# BODY AND MIND SCRIPT

Marilyn Upton,  
with acknowledgement to Dr. Bev Barnsley for some of the wording.

*I've created this script for those clients whose distress shows in physical symptoms.  
They tell me it's very beneficial. Try it!*

Now that you're nice and relaxed I'd like you to go to a beautiful beach. Above you there's a blue sky, the temperature's just right. You can feel the warm sun on your skin and the warm sand under your feet.

The waves are breaking gently on the shore and you decide to lie down on your back at the place where the sand and water meet. The tide comes in, it's now entering the soles of your feet... sense spiral currents of water washing away all the accumulations of waste products there...dissolving any deposits and eliminating toxins... the tide now begins to go out and the current reverses...flowing out of your feet slowly... see the waste products emerging as black or grey strands being carried away on the outgoing tide.

The tide comes back in and again enters through your soles... then moves up into your feet and ankles... washing away all the waste products and toxins there... as the tide goes out, the spiral current again reverses...sense it flowing from your ankles... through your feet, down into the soles of your feet as black or grey strands which are carried away by the outgoing tide.

Once again the tide comes back through your feet... the spiral current now passing into your feet and ankles and up into your legs and knees,

washing away all the waste and toxins there... sense the spiral current massaging the muscles... helping the ligaments and tendons to stretch and cleaning the cartilage and kneecaps until they are gleaming white. As the tide goes out sense the spiral current reversing... and flowing back slowly through your legs and calves... into your ankles and feet and out through your soles... see the waste emerging as black or grey strands being carried away in the outgoing tide.

The tide comes back now through your feet, ankles and thighs, through your groin and into your lower abdomen and spinal column... through the upper abdomen...into your chest cavity and upper spinal column... into your neck and through your shoulders. Sense the current going down through your upper arms into your elbows and down your forearms into your wrists, cleaning out all the toxins, washing away all the wastage, eroding all the accumulations... massaging all your bones, ligaments, tendons and muscles... making them all gleaming clean and seeing them stretching and lengthening. The tide reverses again and goes out... the spiral current reverses and goes back slowly from the wrists... up through the forearms... sense it returning through the elbows, upper arms, shoulders, neck, and now back down into the chest cavity... down into the

abdominal cavity... through the groin, thighs, knees, legs, ankles and feet and see the waste products coming out through the soles of your feet as black or grey strands... and being carried away by the outgoing tide.

Now you feel your entire head relaxing... the top of the head... both sides of the brain... the forehead relaxes... the eyes relax... the nose, the jaw, the mouth, the tongue... the throat relaxes, and you swallow so that your Relaxation goes deeper and deeper. This Relaxation continues on down your body so that the entire body is very relaxed. Finally this wave of Relaxation goes out through the soles of your feet into the gently lapping water so that any tension left is washed away.

Now you stand up on the beach and go into the ocean, swimming out to the horizon. See your arms become immensely long and your body becoming long, feeling very well...your limbs move freely as you swim... as you reach the horizon turn over on your back, and swim to the shore... feeling your arms lengthening, your body moving freely and easily... When you reach the shore come out of the water, feeling the sun drying your body. You find a light robe on the beach near you. Put it on and sit in the comfortable chair nearby... feeling wonderful....

Everything worth saying  
has already been said,  
but because nobody was listening it has to be said again.

Author unknown

# REFLECTIONS

Gill Hines, Membership Secretary of the Society of Stress Therapists, answers questions posed by the editor.

These are the questions that I asked Gill.

***Can you tell us a bit about your life, Gill, before you became a Hypnotherapist and Stress Therapist?***

***Did you find that your training and experiences in life before becoming a Stress Therapist helped you in your training and your work as a therapist?***

***What have you found difficult and what have you found successful in marketing and advertising?***

***Can you tell us something of your work for the Society?***

***We are very grateful to you for arranging the National Meetings. What do you think is important about them?***

I suppose, to a large degree, I learnt a lot from my mother, but not in the way you might think! I learnt how not to be and behave from her actions. As a result of this dysfunctional relationship, I married young (partly to get away from her) and my husband and I went out to Nairobi, Kenya on 1 September 1963. He started his teaching contract immediately and I started teaching one month later. Suffice it to say, the marriage was very short-lived due to physical abuse (not on my side, I may add!) and we split up very quickly. He left Kenya after his two year contract ended and I stayed there for twenty wonderful years, nineteen of which were as a teacher in several schools, as Acting and Deputy Head in two schools and finally as Head in two others. During this period I also had my wonderful son, who is now in his late 40s!

I continued with amateur dramatics while in Kenya and then achieved my lifelong dream and joined the only professional theatre in Africa, other than in South Africa, doing two-weekly repertory theatre as an actor/stage manager. This was during my last



three years in Kenya, eighteen months part time (while I was still 'Headmistressing!') and the final year and a half full time – a dream come true.

Then I returned to the UK, where I worked in several different fields. These included being Personal Assistant to the Director of Education and Training at Group 4 Security, doing interviewing work in Industrial, Social and Market Research and eventually going back to teaching for seven years in a small private school. That was a shock to the system as both children and parents had changed so much in their attitude to schooling and to teachers in the time I had been away. However, it was the headmistress there who was responsible for my new career as a Stress Manager. I had to get away from her and her attitude, so started looking for another teaching post in the Times Educational Supplement, which is where I saw an advertisement to train as a Stress Auditor and the rest, as they say, is history .....! My

new career began during 1994 and I started seeing clients in January 1995, nearly twenty years ago.

All my life and work experiences before and after Kenya and, in particular Kenya itself, gave me a great insight into the way people think and behave. During my teaching career and especially when I was a headmistress, apart from teaching all races of children, I was also responsible for the wellbeing of my teaching staff, teachers and assistants. All this work gave me infinite patience and the ability to listen, really listen, to what people were saying and I believe that the ability to listen, not just pay lip service to the words, is one of the most important, indeed vital, attributes of a stress therapist. The other attribute which I learned over the years was how to be non-judgemental and accept people as they are. This is also crucial to our work as therapists.

During the course of my career in stress management, I have found

marketing and advertising extremely difficult. Despite distributing thousands of flyers, having expensive Yellow Pages advertisements (before websites became fashionable), being listed in latter years on various websites, placing advertisements and advertorials in the local press, renting a room one day a week in a local Natural Health Centre and paying for numerous other types of advertising, my practice has remained relatively small. I do believe that the area where you are practising plays a big part in determining the size of your practice. Some areas of the country are far more in tune with complementary therapies than others, so sometimes it is really just the luck of the draw. I would say that the majority of my clients nowadays come from past client referrals and from website listings.

In November 1998 I became a founder member of The Society of Stress

Managers and have served as a Director on the Council of Management since 3 July 1999, standing for re-election every three years. I became Membership Secretary in May 2000 and have remained in this position ever since. It has been a privilege to be a member of the Council of Management and to be one of those helping to play a part in its success.

Following our decision not to continue with Regional Meetings, I introduced National CPD Meetings to The Society which take place twice a year. They are an opportunity to have talks on various subjects relating to our work and to meet up with colleagues from all over the country to discuss matters of interest. They appear to be well received by the members who attend and I hope that they will continue. They are currently held in Leicester as a central meeting place, thanks to the hospitality of one of our members, and

members come from Somerset, Wales and Central and Northern England. As well as providing members with CPD hours, I believe these meetings are important for therapists to meet up face to face to gain new ideas and to discuss any problems they may have in their work. We usually work in isolation and so need occasionally to have real contact with our colleagues. Despite the years of experience among so many of our members, we can always learn something new, with new perspectives on client issues. These meetings are very important for our own continuing personal development.

I suppose I am now coming towards the end of my working life, but I can honestly say that I have really enjoyed my 'Society life' and will miss it greatly when I finally stand down.

## **BOOK REVIEW**

### **THE SECRET LIFE OF LOVE AND SEX**

**By Terence Watts.**

**Making relationships work and what to do if they don't**  
**Julie Spitler.**

Following on from the highly acclaimed *Warriors, Settlers and Nomads*, Terence Watts explores the significance of personality within relationships. The book examines what attracts us to certain types of people and why it is easy to get stuck in a repeat pattern of behaviour, such as always seeming to choose the wrong kind of partner. Terence does not bow down to the usual concept of political correctness, choosing instead to focus on how biological differences can influence our behaviour, whether or not we believe that's how it should be.

The book covers how to work out your own personality type and that of your partner, or potential partner. It

suggests ways to flirt with different types of people to get the best result. Sex is an important part of any intimate relationship and the author does not shy away from this subject. The book examines the dynamics of a sexual relationship, how to spot future problems and deal with them as they happen.

It promotes an understanding of why the other person may be acting in a particular manner, and the idea that it is just the way they are, rather than a personal slight towards their loved one. It tests the theory that some partners are rivals instead of friends and suggests ways to manage that situation. Even the best matched relationships can be stretched by the

things that life throws at us. The book seeks to find solutions to common problems that are realistic and practical. Should things not turn out the way we would hope, Terence covers how to deal with a break up and even the death of someone who is loved.

The book is interesting and easy to read which adds to its appeal. Any Therapist or Stress Manager will be able to use it to help clients and a person who is untrained will still be able to gain valuable understanding of how personality affects every aspect of their relationships and behaviour.

Publication date June 27<sup>th</sup>.



# **IMPORTANT REMINDER**

**THE NEXT**

**CONTINUOUS PROFESSIONAL DEVELOPMENT**

**MEETING WILL BE HELD ON**

**FRIDAY 28TH NOVEMBER 2014**

**IN LEICESTER**

**STARTING AT**

**11.00AM**

This event will be free to SST members but there will be a small charge for lunch payable on the day.

**A CPD CERTIFICATE WILL BE ISSUED TO ALL SST MEMBERS ATTENDING THIS MEETING**

Please contact Gill Hines at [gill\\_hines@hotmail.com](mailto:gill_hines@hotmail.com) as soon as possible to let her know whether you plan to attend.

Gill will supply you with full details of the agenda, venue and travel directions.

# AGGM

The Society of Stress Managers' AGM (SST) will be held at 2.00pm on Saturday 11<sup>th</sup> October 2014 in the Midland Hotel, Derby.

Refreshments will be available from 1.00pm

The AGM will feature a presentation by Mike Dillon entitled

**“Achieve What You Want in Life.”**

The Society Directors are looking forward to welcoming members attending the AGM. This provides the opportunity for you to give your views about the work of the Society and in particular your views of the Society's Journal together with constructive ideas for the both the Society's and the Journal's future.