

Therapies at Durham House



It's not just chiropractic treatments, acupuncture or massage therapists here at Durham House. We have a range of services to help patients with their holistic health.

We also offer FootBalance orthotics, podiatry, counselling, holistic health and beauty treatments, homeopathy, hypnotherapy, nutritional advice, reflexology and permanent makeup services as well as group classes or 1 to 1 classes in our bespoke studio.

For more information you can speak with front desk in either the **Fleet clinic** on **01252 622 050** or **Farnham clinic** on **01252 725 669**.

Counselling

Counselling can help you understand yourself better and support you in making positive changes in your life. It gives you an opportunity to talk openly about your worries and feelings without being judged, analysed or told what to do.



Babs Lehner-Platts MBACP - Inner Focus Counselling

Babs is an integrative counsellor, mindfulness and yoga teacher and combines different approaches which are adapted to meet your needs. Your counselling relationship will be based on confidentiality, honesty, acceptance and understanding.

As a registered psychological therapist at Inner Focus Counselling, Babs abides by the ethical guidelines of the British Association of Counselling and Psychotherapy (BACP). In addition to her private practice, Babs also runs workshops for yoga, meditation, self awareness and mindfulness based stress reduction training (8 week MBSR course).

**babs@innerfocuscounselling.co.uk - www.innerfocuscounselling.co.uk
07749 342 040**



Ben Jearum Counsellor MBACP - LifeTalks Counselling

Ben Jearum is a qualified counsellor registered with the BACP and works therapeutically with people who are experiencing emotional and psychological difficulties.

Ben understands the struggles of life and offers a warm and compassionate insight into change, drawn from personal learnings and an understanding of the human spirit.

Ben has built a considerable base of knowledge and experience having worked in the helping profession for the majority of his professional working life. He has worked within health care settings in the NHS and also privately and has extensive experience working therapeutically with adults and young people.

ben@lifetalks.co.uk - www.lifetalks.co.uk - 07780 253159

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Counselling



Anne-Christina Hitchin MBACP RGN BACP - Accredited Counsellor

Anne-Christina offers a warm compassionate and non judgemental space to talk things through and find support when life is difficult. Anne-Christina doesn't make assumptions or offer opinions, but helps people find their own solutions to their problems.

Anne-Christina is an integrative counsellor, which means she draws on a number of different counselling theories / approaches. This makes it easier to be flexible and work in a way that suits the individual. Counselling is a collaborative process and together you can work at finding the right track for you.

At the very centre of the service, Anne-Christina offers a therapeutic relationship, which is based on respect, trust, confidentiality, equality and honesty. She is a member of BACP (British Association for Counselling and Psychotherapy) and completely abides by their code of ethics.

Anne-Christina offers both short term and open ended therapy on a weekly basis.

You can book appointments with Anne-Christina through Durham House Fleet.

Hypnotherapy



Vivienne Evans (BSc(Hons), Hyp CS, dip CBH - Hypnohealth

Vivienne is a fully qualified hypnotherapist and professional member of the National Hypnotherapy Society. She is qualified in traditional and cognitive behavioural hypnotherapy.

Inside you is the most incredible power, it's called your brain. Your experiences help program this wonderful organ, but it can be difficult to update or remove thoughts and behaviours that you may wish to change. This is where hypnotherapy can help, by helping you unlock your inner potential.

Viv offers fun, friendly and up to date hypnotherapy to assist clients in feeling good both mentally and physically.

Hypnotherapy can help with weight loss (hypnotic gastric band), smoking cessation, insomnia, habit reversal, improving self esteem and confidence, overcoming phobias, dental and medical anxiety, pain relief, stress and anxiety reduction.

Viv.evans@hypnohealth.co.uk - www.hypnohealth.co.uk - 07484 703 226

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Homeopathy



Carol McCall MLCH ARH - Homeopath

Carol is a graduate of the Lakeland College of Homeopathy in London and has been practising for 5 years. She is registered with and insured by the Alliance of Registered Homeopaths.

Homeopathy seeks to understand the individual as a whole and not just a list of symptoms. To that end, consultations and treatments are highly individualised. Homeopathic remedies work by stimulating the body's own natural healing response and, as such, are gentle, non toxic and suitable for use by all, including babies and children, pregnant women and the elderly. Remedies can be taken alongside conventional medicine and will not interfere with its effects.

A wide variety of conditions can be treated homeopathically, including anxiety, fatigue, skin complaints, digestive problems, depression, hormonal imbalance (for example teens and menopause), headaches, stress related disorders, fertility issues and colic. However, you don't need to be unwell to consult a homeopath; you may just be feeling 'stuck' in life or want to make changes and feel happier or grow in confidence but don't know how. Remedies can support you in doing this.

You can book appointments with Carol through Durham House.

Nutritional therapy



Jacqui Mayes BSc (Hons) - Nutritional Therapy

Jacqui is a full member of the British Association of Applied Nutrition and Nutritional Therapy (BANT) and the Complementary and Natural Healthcare Council (CNHC). She is a senior associate member of The Royal Society of Medicine and is also a qualified Dietary Analyst and NLP coach.

The food we eat has an enormous impact on our health. Nutritional therapy is an evidence based system of healing which follows the principle that the right food can provide us with the nutrients needed to maintain or restore a state of health. It takes a holistic approach and aims to restore health through balancing body systems, allowing the body to heal and nourish itself with foods that are beneficial and avoid foods which are not. Nutritional therapy looks to rectify the underlying cause of illness rather than simply treating the symptoms.

Nutritional therapy can help improve nutritional status, balance blood sugar levels, improve energy production, optimise digestive function and absorption, support skin health, stabilise mood, balance hormones, support cardiovascular health, improve immune function, weight management and healthy eating and identify food allergies and intolerances.

nutrition@jacquimayes.co.uk - www.jacquimayes.co.uk - 07710 098 280