

Dareto beyou

For women who want their mission on earth and a
heart-centred way to be it

3 big fat myths about psychotherapy

Sharon Eden

Over 30 years as a Transformational
Psychotherapist, Trainer and Author

www.dareto beyouuk.com

*A small body of determined spirits fired by an unquenchable
faith in their mission can alter the course of history.*

- Mahatma Mohandas Gandhi (1869 – 1948)

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Sharon Eden and Dare to be You UK,
128 Meads Lane, Ilford, Essex, UK IG3 8PE
www.daretobeyouuk.com

+44 (0)208 597 9200

3 big fat myths about psychotherapy

REMEMBER:

*Psychotherapy
is a partnership*

#1 I'll have to lie on a couch and cough my emotional guts up!

My kind of psychotherapy is a partnership... without couch! It's an active dialogue between you and me where you only go where you're ready to go. Just as your body tries to mend itself when injured, so does your psychological 'body'. And that inner wisdom directs both of us in our work together.

I listen to the clues you give about what therapeutic work serves you best. I listen with all my experience, knowledge, wisdom, intuition, heart and gut brains as well as my logical one and the healing energy of love. We work together through talking, imagining, role playing, laughing, crying, reconnecting with lost energies and talents and any way which is right for you.

With over 30 years as a psychotherapist and loads of therapeutic/coaching tools, some invented by me, we choose those which suit your uniqueness.

#2 I'll have to go through all my past, especially bad things, to sort myself out!

My kind of psychotherapy works with whatever you bring to the session, even if, surprisingly, you can't think of anything! By working with what's up front for you, we get to the nub of things quickly.

That might involve looking at your past but never ever trawling through it for painful events to poke at.

We stay in the present, working dynamically with your past to mend what you can mend and learn to manage the rest. And for you to use your learning to improve your life now.

#3 I'll have to be in therapy for a very long time, perhaps years!

My kind of psychotherapy is for 6 weekly sessions, including for depression. By session 6 you'll have achieved what you wanted or be well on your way to it. You have the choice of a few more sessions, if needed. A few conditions require long term, on-going therapy. But you and I are, generally, far more resourceful than previously thought. By tapping into your resources from the word 'go' and building others, you make a solid foundation to stand on. Therapy then works, as does your bounce back, in a far shorter time than traditionally expected.

Now what?

If your next step is finding out more, just call me on +44 (0) 208 597 200 or email me at sharon@bouncebackuk.com ...I promise I won't eat you!

Go well and gently...

A handwritten signature in black ink that reads "Sharon". The signature is written in a cursive, flowing style with a long horizontal stroke extending to the right.

*“Even after all this time,
The Sun never says to the Earth,
‘You owe me!’
Look what happens
with a love like that.
It lights the whole sky.”*

- Shams-ud-din Muhammad Hafiz (c 1320-1389)

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