

## The unexamined life

Socrates famously said "The unexamined life is not worth living", yet just as famously we often neglect to look inside ourselves when we encounter life's difficulties.

We all crave contentment and wellbeing, and it is through an understanding of our personal values, drives and ambitions that this need can be satisfied. The inner life and the practice of its skills are the keys to living well.

It is only to be expected that some of us feel uncomfortable when we hear terms like 'inner life', 'inner journey' or 'spiritual nourishment'. This is because we are exploring concepts – the thoughts, emotions, values and aspirations which guide us – that few of us examine in our daily lives.

Modern society, our pace of life, the obsession with measurable results, and the rest, have progressively alienated us from the inner part of ourselves – our spirit, if you like (there's another one!) – and even from our environment. This is at great cost to us, both as individuals and to the societies we make up.

As if this isn't enough, many people seem to think that they either don't have, or don't deserve, the time to find the space to take care of themselves.

But there is no denying what centuries of wisdom tells us: there is an art to living happily and every art depends on learning new skills.

## Positive psychology...

Is the scientific study of the strengths and virtues that enable peoples to thrive.

Positive psychology is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

## A single session?

Therapy need not be a long and drawn-out; a single session is often all it takes.

In over 20 years of practice I have found that many of my clients can get the benefit they need from one session.

Of course, if you think you need more I'll be happy to provide it. But my aim is to make every session count and to help resolve your problems in the shortest time possible, so perhaps all you'll need is a single visit.

As its so important to have a good working relationship, I offer a free 20 minute appointment to discuss your needs and to explain how I work. After that, if you decide to go ahead, you book a session as and when you want it.

## BARRY WINBOLT MSc.

01323 895 220

07980 66 53 49

INFO@BARRYWINBOLT.COM

WWW.SINGLESESSIONTHERAPY.COM

# SINGLE SESSION THERAPY

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BARRY WINBOLT MSc

*"Powerful simplicity"*

*"It gave me time to think constructively, and an opportunity to consider new ways of viewing problems and issues."*

*"Life changing! My friends wonder what I'm on!"*

*"It was enlightening that something so simple can help to provide clarification and a way forward."*

If you want to improve any aspect of your life it helps to work with someone who knows how to do it.

Whether change is something we seek or whether it is thrust upon us, we can seize the moment and use it as a starting point for creating the life we want.

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*“When people have difficulties in their lives, it is useful to work towards a solution rather than to only speculate on possible causes. Our history is of course relevant, but need not be the main point of focus. Single-session therapy recognises that people often find what they need with a little help.”*

Barry Winbolt is a Psychotherapist and Ericksonian Hypnotherapist with 25 years’ experience helping people improve the quality of their lives. His approach is Solution Focused, using therapeutic and practical methods including mindfulness, visualisation and cognitive techniques.

If you have a problem, habit or condition that you want to change, or something you’d like to improve in your life, call today to make an appointment.



# SINGLE SESSION THERAPY

## Lifting Depression

A wide range of simple techniques can help alleviate the symptoms of depression. The evidence shows that these techniques work extremely well for many people, even those whose depression is quite severe.

## Developing Resilience

Resilience won't make problems go away, it means the ability to see past them, find enjoyment in life and handle stress better. If you aren't as resilient as you'd like to be, you can develop skills to become more resilient.

## Managing Emotions

People often find their lives dominated by an anxiety related condition. Symptoms like feeling afraid for no apparent reason; being tongue tied or blushing in certain situations; constant feelings of worry or pressure; fear of crowds or panic attacks all respond well to brief treatment.

## Easing Stress

Taking a solution focused approach to dealing with the stress will enable you to counter the negative effects and to be more resourceful in the face of challenge or high demand.

## Wellbeing

Personal wellbeing involves a number of positive decisions about how we think and how we interact with the world. Improving wellbeing means taking simple steps that enable you to find balance – physical, mental, social, intellectual and spiritual.

## Personal Development

Is there something you want to change or improve on; a goal but don't know where to start, or a project that has stalled? It has been said that “Life is about growth and change”; we can't avoid change but we can decide how to use it.

## Improving Relationships

Good relationships don't happen by accident. Successful ones need maintenance and unsuccessful ones can be transformed into something more useful. A little time to reflect and discuss opens up possibilities.

## Change and Transition

Is it a crisis or a crossroads? Learning how to use the times of change and transition that inevitably occur in all of our lives means the difference between personal growth and personal anguish.

## Confidence and Self-Esteem

Feel better about yourself. Even the most confident people can feel under-powered at times. You may find that though generally you feel good about yourself, there are certain situations where belief in yourself abandons you. No need to be held back by self-doubt.