

Take a PositiveStep to improve your mental health

positivestep
supporting wellness in North Somerset

Spotlight on EMDR

What is it? - EMDR stands for Eye Movement Desensitisation and Reprocessing. The mind can often heal itself naturally, in the same way as the body does. Much of this natural coping mechanism occurs during sleep, particularly during rapid eye movement (REM) sleep. Francine Shapiro developed EMDR taking advantage of this natural process in order to successfully treat Post-traumatic Stress Disorder (PTSD). Since then, EMDR has been used to effectively treat a wide range of mental health problems.

Why EMDR? Most of the time your mind routinely manages new information and experiences without you being aware of it. However, when something out of the ordinary occurs and you are traumatised by an overwhelming event (eg a car accident), your natural coping mechanism can become overloaded. Often the memory itself and the associated painful feelings such as anxiety, panic, anger or despair are continually triggered in the present. EMDR helps create the connections between your brain's memory network enabling your brain to process the traumatic memory in a very natural way.

What is an EMDR session like? You would start with an assessment where you would be asked specific questions about a particular disturbing memory. Eye movements, similar to those during REM sleep would be recreated simply by asking you to watch a therapist's finger moving backwards and forwards between your eyes. Sometimes tapping or light is used. The eye movement would last for a short while and then stop. You would then be asked about the experiences you have had during each set of eye movements. Experiences during a session might include changes in thoughts, images and feelings.

NEW! The Drop-In at The For All Healthy Living Centre

This new part of our service has been opened to give people the chance to just 'drop in' without an appointment and meet one of our PositiveStep Wellness Advisors. You will be able to find out what help is on offer and be given useful information.

On arrival we will be on hand to help you fill out a short registration form and then you can spend up to 20 minutes chatting to a Wellness Advisor about the issues you may be struggling with. This is so we can arrange for you to have further support or point you in the right direction for help.

The Drop-In is running at the :

The For All Healthy Living Centre, Lonsdale Avenue, WSM from 12.30 – 3.30 every Tuesday and Friday.

No need to book – just turn up!



PositiveStep Volunteers collecting the 'Volunteers Award' for 2013

AWP Staff Awards.

It is that time of year again where AWP - Avon and Wiltshire Mental Health Partnership - holds its annual staff awards. We were very proud last year to win in three categories, Volunteers, Making a Difference and Clinical Excellence.

These awards were open to both staff, volunteers and patients to nominate an individual or team they felt had exceeded expectations in their field. We have so far received the following nominations for individuals and teams for the 2014 awards: Behind the Scenes, Leading by Example, Innovation & Improvement, Clinical Excellence, Recovery & Hope, and Volunteers.

We thank everyone for their votes. We will let you know in October if you are lucky enough to be awarded one of the top prizes!



Day in the life of... PositiveStep Admin

Admin here at PositiveStep is a very busy and diverse role. We usually start our day by picking up any messages left overnight and making the much need first coffee of the day!

There are three members of our team, Nicki, Lucy and I (Ann). Between us we make sure all of our team members know what is happening throughout the day with regard to their patients - changing appointment times, cancelling and rescheduling or simply passing on messages.

For those of you who have attended one of our many courses: we organise all those from here, booking venues, registering people who would like to attend and inputting data.

We also manage the website, making sure this is up to date and adding on all the new courses as they become available. From our website we get bookings for the courses as well as lots of enquiries about joining our service, which we endeavour to respond to within 48 hours.

All of these things are done in between answering our very busy switchboard which can take up to 40 calls a day, with the average call lasting 5 minutes, so, as you can imagine, lots of multi-tasking is required, something we all thrive on.

We are also the main hub of our team because we are based at the office permanently whilst our therapists are out and about seeing patients and running courses. If anyone wants to know anything we are usually the people to ask! - or we know where to find the answers.

If we haven't already, we look forward to speaking to you soon.

Best wishes, Ann

Quote of the month

"Education is the most powerful weapon which you can use to change the world."

Nelson Mandela

Comings and going....

Welcome to Laura who will be joining us as a Wellness Advisor

Welcome back to Holly and Ted who have both returned as full time High Intensity Therapists

Good Luck to Jen who will be going on Maternity leave

PositiveStep Coffee Morning



We have decided that we will have a break over the summer period and look at how we can improve our service to you and, hopefully, reach a wider audience.

If you have any ideas or suggestions please e-mail us on enquiries@positivestep.org.uk

Courses starting in July/August

- ⇒ Low Mood at Windmill House, Kenn from 4pm on 8th July
- ⇒ Anxiety at Windmill House, Kenn from 10am on 18th July
- ⇒ Anxiety Management at Coast Resource Centre, W-s-M from 6.30pm on 24th July
- ⇒ Stress and Mood Management at Windmill House, Kenn from 6.30pm on 24th July
- ⇒ Anxiety Management at Coast Resource Centre, W-s-M from 10am on 1st August
- ⇒ Low Mood at Windmill House, Kenn from 10am on 5th August
- ⇒ Self Esteem at Coast Resource Centre, W-s-M from 6.30pm on 6th August
- ⇒ Low Mood at Coast Resource Centre, W-s-m from 6.30am on 13th August

To book a place on these or any of our courses, please visit our website

www.positivestep.org.uk or call 0800 688 8010