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- In order to break taboos around mental health a new book is being put together: Warning - May Contain Nuts.
- What Type of Therapy is good for me? Read up on the various types of Therapy and become more aware of your options. You might benefit from Cognitive Behavior Therapy (CBT), Cognitive Therapy (CT), Group Counselling, Humanistic Therapy, Person Centered Therapy or Psychodynamic Therapy.
- Stress at Work. Andy Berry tells his story about stress at work.
- Counselling Madrid is dedicated to expats, spouses, foreign professionals and international students. The private practice abides by the BACP Code of Ethics.

Warning: May Contain Nuts books to be published

Madrid, June 4, 2010

By Jenny Minard—BBC reporter

Comedian Mackenzie Taylor performs at the launch of mental health project - Warning: May Contain Nuts.

A new book is being put together to break taboos around mental health illness.

A BBC Radio Berkshire and Company Paradiso project - Warning: May Contain Nuts - was initially started off as a book. Poetry workshops were set up at mental health centres in Berkshire and the idea was that material would be turned into the publication.

The work was so good they turned it into a comedy night in Reading. The workshops were put on in partnership with mental health service providers including East Berkshire Mind, the resource base in Reading, and the West Wing for

16-24 year olds.

Rough drafts

Now the material is being used as rough drafts for the book. It has been sent to the designers and Company Paradiso is waiting to launch it at the end of July or August.

Artistic project assistant Jack Mead said: "I think what we saw was so funny and the quality of the work suggested it could transfer to stage in more of an exhibition."

Jack explained that the idea for the poetry was to be produced in a creative manner - and was not supposed to be biographical. "Creative writing is about empowerment," he said. "Not biographical, which can be more like therapy."

BBC Radio Berkshire broadcast highlights from the launch night at South Street Arts Centre in May

2010.

Mental health service users were also invited to tell their stories and explore mental health issues on the radio. "The radio element was always planned," says Jack. "We got people who were writing for the book who went on stage.

"Then we got them on the radio as we thought they had good stories. "It can be educational as it was about de-stigmatising mental illness. "But it is dangerous to see these things as just educational - someone who might be classified as having a mental illness might be just as funny as someone who hasn't.

For more information about Counselling Madrid please write to Head of Counselling Services, Joseph Maussen, email address: joseph@counsellingmadrid.org or phone (+34) 648 087 809

'All the triggers to make me not work well happened'

Andy Berry, 33, moved from the United States to Britain in 1996 and works in marketing and communications. He has worked for household names such as Shell, the BBC and Microsoft as a project manager. Following a number of mis-diagnoses, he was eventually diagnosed with bipolar disorder. Diagnosed with bipolar disorder.

"When I went back to work after I was off, after the diagnosis, I was in a team of seven people and of the seven people four had been off for extended periods with stress. In that regard I had support. However my direct line

manager - you could just tell it was like you were stigmatised. You were just kind of looked upon as lower down in their esteem. To me that's a failure of the company because they should have actually gone 'okay, what's wrong with the company that this many people are off?'. I don't think they took it seriously or if they did I don't think there was the will to actually address it. Read the full story at www.counsellingmadrid.org/blog1

What type of Therapy?

Madrid, June 2, 2010

Often individuals recognize the need for help as common tasks become more difficult to complete while normal day to day situation are more anxiety provoking than before. However, recognizing the need for help leads to the question "what type of help is best for my situation?". In order to assist clients in their



decision making process, which in itself can be time consuming and frustrating, we have listed some of the most common types of Therapy, allowing clients to get an overview of the differences between for example Cognitive Behavioral Therapy and Person Centered Therapy.