



# The Rosemount Centre

## for complementary therapies

### Summer Newsletter 2005

## MEET OUR NEW THERAPISTS



Catherine Hunt.

In 2004 I qualified as a Reiki Master in the traditional Usui system of Reiki and became a member of the UK Reiki Federation. I hold an HNC in Complementary Therapies, which included study of Counselling and Psychology as well as Swedish massage, Aromatherapy and Reflexology.



Colin Carson, Dip. Person-Centred Counselling, MBACP

Most of the time we all manage to deal with the ups and downs of life but occasionally we get to a point where life seems too much for us. Often, these feelings will fade, and we can continue on our way. Occasionally, we need help to get back on track. This is where person-centred counselling can be very powerful.



June Youngson is a practitioner of the Bowen Technique and Hypnotherapy. She has worked in Huntly for the past three years and is joining the centre to extend her practise to Aberdeen. She is experienced at treating elderly and disabled people with Reflexology, Reiki and Aromatherapy. June trained with the European College of Bowen Studies and the Washington School of Hypnosis.

## Relaxation and Bodywork

By Laura Davison

A lot of things that people do to relax are anything but relaxing, TV can be stressful as there are many violent programmes and you may slouch on the sofa as you watch, alcohol is stressful to the body and is also a depressant which won't help.

Relaxation is much talked about, it is being able to let go, like babies and small children, go floppy, be able to release all your cares and worries. As we grow up we often lose the ability, stress, work, life, busy-ness and problems all take over and our bodies become tighter and more rigid. We get stuck in doing rather than being; even if that doing is just sitting still and worrying. Shoulders start to rise up as we try and cope, posture can deteriorate as tension creeps in. Relaxation gives you more space and freedom.

Tension is the fight and flight mode, the adrenaline is going but often there is no place for us to go. What ever set us up in this way may have been years ago, so there is nothing to fight, just a system overload that needs to be released. As far as the nervous system goes there are the sympathetic and parasympathetic branches of the autonomic nervous system; the sympathetic prepares you for action the parasympathetic allows you to chill out. When you are prepared for action then you cannot digest food as well, the heart beat is faster and you sweat more. Relaxation and bodywork are great for helping you to release, to let go of that hyper state. Both the mind and the body need to move on from a trauma.

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