

## Session Fees

This exciting new service is now available to you at low cost rates.

- £35 per 40 minutes session
- Fees are payable by cash or cheque only
- Please make cheques payable to **Allan Eno**

Payments can be made on the day or by advanced booking.

## Cancellation Policy

All cancellations require 48 hours notice and must be completed over the phone. You will then be offered another session or a refund. Failure to cancel within 48 hours of the arranged session will result in a total loss of your payment, which relates to the cost of advanced bookings.

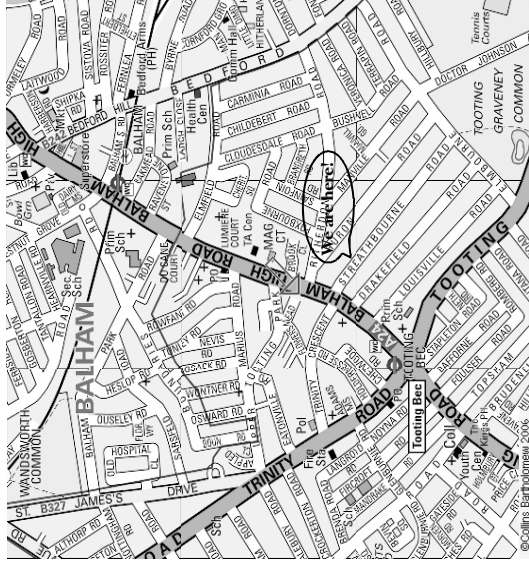
## Additional Information

The stress buster sessions are available to all organisations and fees can be tailored to match your budget. For additional information, please contact us on the numbers provided.

# Psychological Unity of Mind & Body



Psychological Unity of  
Mind & Body



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Mind & Body

## PUMB

### Site location and bookings

The Effective Stress Buster Sessions will be conducted at the following venue

The Albany Trust  
239a Balham High Road  
London  
SW17 7BE

Mobile: 07957 229 250

Harley Street, London: 020 7467 8336

Email: [allaneno@tenharleystreet.co.uk](mailto:allaneno@tenharleystreet.co.uk)

Website: [www.harleystreetpsychology.co.uk](http://www.harleystreetpsychology.co.uk)

### Effective Stress Buster Sessions

Are you feeling tired, stressed-out and low on energy? Are the pressures of modern day life, work related stress, financial worries and balancing a work/parent role sometimes too much for one person?

Perhaps what you need is a Stress Buster Session. Within 40 minutes you can forget about all your worries and related feelings, experience a powerful intervention, enabling you to alleviate or significantly reduce symptoms of stress, anxiety and occupational burn-out.

# Psychological Unity of Mind & Body

## How Does it work?

The related practitioner/facilitator will provide a brief introduction to the essential relaxation/guided imagery techniques that will be implemented within the session (complimentary notes will be given to all those in attendance). A practical demonstration of the breathing technique will ensure that all participants know what to do during sessions. Sessions are conducted with a minimum of 3 clients and a maximum of 10 per session.

## Stress Buster Sessions & Their Benefits

The session provides multiple mind-body system benefits. Here are 3 examples:-

1. Immediate reduction of stress related symptoms/feelings
2. Feeling calm and relaxed can lead to more focused attention
3. They can contribute to improved sleep quality and reduced sleep disturbance

All clients attending a Stress Buster Session will receive handouts about all the related benefits, including long-term mind/body system benefits.

## Relaxation & Guided Imagery

The affects of 20 minutes of effective relaxation/guided imagery on the mind-body system are so immediate and powerful, this experience may continue for days. As the mind-body system experiences relaxation, the brain switches off the part of the brain responsible for the production of stress hormones. Guided imagery allows you to focus on something relaxing or therapeutic, enabling you to disassociate from your current stressful experience.

## Practitioner Profile

Allan M Eno, MSc, BSc, a leading practitioner at Harley Street, London, he maintains a wealth of experience in organisational stress management. With over 10 years experience in the private, public and voluntary sectors, he has provided psychological therapy for a range of client problems such as depression and anxiety disorders.

The Stress Buster Sessions have been successfully provided to a number of GP surgeries and local authorities across London.

## Site Location & Bookings

The Effective Stress Buster Sessions will be conducted at the following venue:

The Albany Trust, 239A Balham High Road, London SW17 7BE.

On site sessions are available upon request.

To access the Effective Stress Buster Sessions simply contact:

The Psychological Unity of Mind & Body (PUMB), Harley Street, London and leave a brief message confirming your name, a contact number and the service you wish to access. Alternatively you can send an email. You will then receive a return call or email confirming the day and date that you wish to purchase a session. Payments can be made on the day or by advanced booking.

## Who Will Benefit from Stress Buster Sessions

- Health/education/social care professionals
- Employees where stress is frequent and persistent
- Parents experiencing ongoing stress/frustration
- Students under constant pressure