

NEW LEAF THERAPIES

NEWSLETTER

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Welcome

Welcome to the 12th edition of my monthly newsletter. One year of New Leaf Therapy newsletters! To mark the occasion I will be offering some complementary reiki and relaxing hypnotherapy sessions. To enter the draw just get in touch via email, whatsapp or Instagram DM, and I will announce the winners on Friday 18th September.

Autumn has arrived and it's my favourite season. Feeling cosy, slowing down and warming meals. In my Women's Circle on Sunday our theme was release and reset. We talked about how letting go of old patterns, habits and out dated beliefs is a key step in moving forward. **What are you ready to let go of as we move into the final quarter of 2026?**

Wellbeing Spotlight

Rachel Webb is a pluralistic counselling, who has over 15 years of experience as a pastoral support professional in secondary schools. Rachel has provided emotional and practical support to neurodivergent and neurotypical students and their families, helping them with various challenges. Rachel uses a somatic approach using CBT and breathwork. She runs her private practice from spaces in Woodley and Sonning and is welcoming new clients.

Toolkit

The 4 H's

This tool has been inspired by a recent Mel Robbins podcast episode, and is a tool you can use to help others.

When a friend or loved one is upset, we automatically want to 'fix' the problem for them. Often, they aren't looking for a fix. They may just need some space, a listening ear or a friendly face. Try this next time you leap into 'rescuer' mode.

Hear - Do they need you to listen?

Help - Have they asked for advice?

Hug - Do they need a hug?

High-five - Do they need to be recognised?

Give it a try and see what impact it has.

Upcoming Events

- **Women's Circle** - Dates 4/10, 1/11, 6/12
From 7.30pm - 9pm £20
- **Sanctuary Barn** 90 minutes of relaxation, reflection and reconnection. See instagram for latest dates and news.

@dmkspartnersinpeace

New & Coming Soon

NLT Membership Circle

Contact Info

Email: Danielle.newleaftherapies@gmail.com

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Pause for thought...

Friendships

Friendships are becoming an increasingly common theme in sessions — and not just for children and young people. More and more adults are bringing friendship worries into the therapy room too. Across all age groups I'm hearing questions like: "Have I got enough friends?" "Am I a good enough friend?" "Why haven't I kept in touch with my school friends?" "I've been left out again." "They weren't kind to me."

Humans are wired for belonging. Historically, being part of a group was essential for survival, and today having friends or a circle of connection still plays a huge role in our emotional wellbeing, personal growth, cognitive health, and sense of community.

But feeling insecure about friendships is becoming increasingly common. Many people feel emotionally unwell, unsupported, or lonely — and social media can amplify this. Seeing photos of people "living their best lives" with their friendship groups can trigger an unhelpful thinking pattern known as compare and despair. We compare our lives to someone else's highlight reel and quickly fall into feelings of guilt, rejection, regret, resentment, or sadness. Please know you are not alone, and this is absolutely not a "silly thing" to bring to counselling.

Children often talk about kindness when friendships come up. They value it deeply and feel genuinely hurt when someone is unkind. Kindness is such a powerful theme — I could write an entire piece on it. It's worth pausing to consider: What matters most to you in a friendship? What kind of friend are you? If you're a parent, these are important conversations to have with your child. If they want to be treated with kindness, are they being kind? What are their values and needs?

As adults, we have values and needs too. A perspective that often arises in sessions is the expectation that one friend — or one group — should meet all our friendship needs. But the friend who is brilliant at problem-solving may not be the one who offers emotional support. The friend who loves to party may not be the person who shows up in a crisis. Sometimes our friendship needs are met across different groups, communities, or circles — and that's healthy. Being the "go-to" for everything can feel overwhelming for anyone.

If you'd like support navigating your own friendship landscape, please do reach out. I'll leave you with a little idea I saw recently: **the campfire theory for relationships** — a reminder that friendships, like fires, need tending, space, and the right conditions to burn warmly.