

“From session 1, I learnt how to process my trauma down to the tiniest pixel. I now use this technique often. I feel calmer, and more self aware. People tell me I’m different, less stressed. Thank you”

“Therapy with my counsellor at Beyond Blue is great. It’s helping me break things down and take apart things that have gone on throughout my life. It’s been like lifting a massive weight of my shoulders. I’m starting to feel more at ease with myself now. I didn’t realise how much things had affected me from my childhood. Each week gets a little easier.”

Alexandra



You don’t have to stay stuck.

These therapies can help you move forward with peace of mind.

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BACP Organisational Membership Number: 00276100.



Change How You Feel
Without Telling Your Life Story

Gentle therapies for stress, trauma & emotional blocks



EFT, EMDR & Rewind:
Safe, Effective, Gentle and Empowering



EFT (Tapping Therapy)

Calm your mind. Release emotional stress.

EFT (Emotional Freedom Technique) is a gentle tapping method using acupressure points to ease emotional tension.

Helps with:

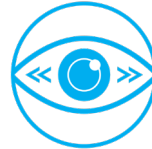
- Stress & anxiety
- Low mood or overwhelm
- Anger, worry, or feeling stuck
- Pain management
- Trauma

How it works:

Tapping calms the nervous system and helps release emotional blocks.

Natural, easy to learn, and effective for lasting emotional relief.

Also available: Integrative support combining EFT, trauma therapy, and talking therapy.



Trauma therapy to help you feel safe, calm, and free.

EMDR Therapy

Guided eye movements or tapping help reprocess difficult memories so they feel less distressing.

Supports recovery from:

- Trauma & PTSD
- Anxiety & panic
- Phobias & flashbacks

You don't need to share details, just enough for your brain to begin healing.



“My therapist listened without judgement – even to my darkest secrets. She’s helped me set boundaries, rebuild relationships, and understand how my past has shaped my future. It’s like I’ve started a new chapter in life!”



Rewind Technique

A fast, non-intrusive method to release trauma or phobias, without re-living the memory.

Helps with:

- Single-event trauma
- Fears (e.g. flying, needles)
- Nightmares or intrusive thoughts

Often effective in just a few sessions, safe, quick, and empowering.



“Thanks to Beyond Blue’s therapist and their use of NLP - Rewind Technique, I was able to reduce my trauma vision down to the size of a stamp, blur it out and surround it with flowers”
Anna