

HOW CAN TALKING HELP? (THE SCIENCE BEHIND IT)

When we've been through tough experiences, our brains and bodies hold onto them in ways we might not even notice. Trauma, stress, and shame can shape how we think, feel, and even experience the world.

OUR MIND HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH

Trauma affects the part of your brain that processes memory and emotions. It can make you feel constantly on edge or stuck in the past.

Talking helps reconnect those parts of the brain, allowing you to process and move forward.

Shame can be one of the hardest emotions to face, leaving us feel small, isolated, or like we're not enough. Therapy is a space to break free from shame's grip, where you can share things without fear of judgment.

Why Give Therapy a Try?

Therapy is not about fixing you, because you're not broken. It's about understanding what's going on and finding ways to feel better. You might feel nervous at first, but therapy gives you a space to be heard and start figuring things out without judgment.



What We Offer

- Up to 10 sessions of support
- 50-minute sessions, time to breathe and reflect
- Flexible times - something that works for you
- Start with an informal chat, no pressure, just a chance to see if therapy feels right.
- We can try to arrange for a therapist who speaks your language

How can therapy help?



Culturally Informed Counselling
Services

Call: 0759 326 9188

Referrals@shifaacounselling.com