



- Can you say No with love?
- Can you say Yes with all your heart?
- Can you meet life's challenges with lightness?
- Do you want to let go of 'never,' 'always,' 'shoulds' & 'oughts?'

Diana Sandler - helping you to help yourself!

Diana Sandler has worked passionately helping people for the past 20 years. Admired for her commitment and support, she is highly trained as a counsellor, life coach and psychotherapist offering NLP (Neuro-Linguistic Programming) and CBT (Cognitive Behavioural Therapy). Diana's approach to her work is practical and holistic, offered in a safe and confidential environment at her North West London Practice. Her philosophy is to offer short-term counselling to support you at times when you feel you cannot move forward together with longer-term psychotherapy for those who choose to delve deeper.

Diana's motivation to work as a counsellor comes from her own experiences of a deep need to be taken care of, bereavement, divorce, bringing up three children, career fulfilment and letting go of her unreal expectations **'Like Cinderella, I was waiting for Prince Charming to come and sweep me off my feet, transform my life and fulfil me. I have been in my second marriage for 12 years and through my own search for growth have altered my ideals to something now more realistic, which supports me to allow those people I love to be imperfectly perfect with strengths and weaknesses like us all.'**

The key emphasis of Diana's work is for us to become able to help ourselves, to claim our power and to have a sense of self awareness. This can be achieved at a pace to suit each individual's needs. Whether someone wants to learn new skills to be able to step away from unhelpful habits or to increase self-esteem, this integrated approach leaves no doubt that one can get more out of life by working with Diana.

A unique aspect of Diana's work is her 'Falling in love with love' relationship counselling. This focuses on relationship issues and communication skills in order for couples to find a way to achieve realistic goals and to form honest relationships so they can develop and blossom autonomously. In today's climate of internet dating there is no guidance as to how to continue moving forward with the relationship after the initial meeting. Diana can support couples or individuals to take their dating to the next level.

Diana trained at Spectrum, the centre for humanistic and integrative psychotherapy, in North London. She works to the B.A.C. and UKCP code of ethics and is constantly undergoing supervision, training and other spiritual workshops. Typical issues that Diana deals with on a regular basis include Depression, Addictions, Relationships, Eating Disorders, Family Issues, Anger, Bereavement, Self-Esteem, Post-Traumatic Stress Disorder (PTSD) & Menopause.

Diana says ‘My approach is humanistic integrative Psychotherapy and I believe in giving my clients the tools to change unwanted behaviour. I help clients to help themselves, to empower them to feel confident and to make positive life choices. Thanks to my extensive training and my search for some inner peace in my second half-of life, my journey has provided me with a wide variety of holistic skills; yoga, meditation, reiki and kaballah.’

Self awareness and life skills will empower you to make positive choices, now you don’t have to struggle on your own!

-ends-

Editors Notes

Contact Diana Sandler

Tel 020 7794 0364

Email: support@dianahealing.co.uk

Website: www.dianahealing.co.uk

For further information, interviews or images please contact:

Luke Trainer-Clark, Whatever Communications

Tel 07739 396334 / 01737 554035

Email luke@whatevercomms.co.uk

Jane Robbins, Whatever Communications

Tel 07973 327774 / 01628 478061

Email jane@whatevercomms.co.uk