

Bryanwood

therapy & assessment centre

- Individual Psychotherapy / Psychology
- Couples Therapy
- Family Therapy
- Play Therapy
- Assessments
- Medico-Legal Evaluations
- Corporate Services
- Workshops

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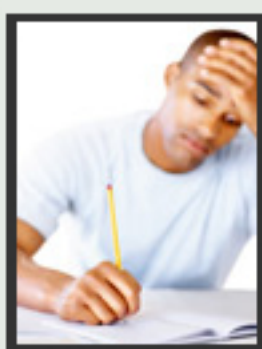
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Newsletter

ISSUE 4

Bryanwood Therapy and Assessment Centre is a private practice that has been operating successfully since 1996. With an experienced array of psychologists and therapists on board we focus on a number of specialisations. As a part of our efforts in improving lives and creating awareness around various topics, we will be releasing quarterly newsletters throughout 2011 that will focus on these specialisations. We hope that our efforts promote personal growth and wellbeing as well as continuing to improve and save lives, relationships and marriages.

Exam time can be a stressful period for children



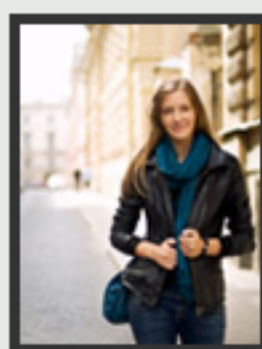
Writing exams is bound to be stressful because of what's at stake. Many adolescents feel a weight of [expectation from their parents](#), teachers or lecturers to excel.

Although a small amount of anxiety is imperative for good performance during exam time, if not managed properly it could lead to more serious factors, such as depression.

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Detecting symptoms early and seeing a therapist is a positive and healthy way of dealing with these issues before they lead to something worse, such as a breakdown or depression.

Is a gap year the best decision for your child?



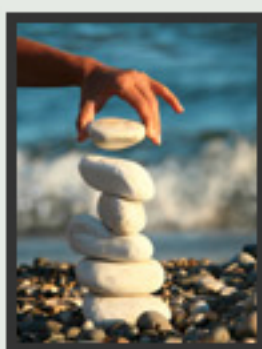
For a variety of reasons, many matriculants leaving high school choose to take time off before enrolling into university. Some wish to travel the world, some are uncertain of

what careers to follow and some are unsure of their financial situation and want to gain experience in the "real world" before making a big commitment.

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Educational psychologists at [Bryanwood Therapy and Assessment Centre](#) are trained and experienced in dealing with matriculants and parents faced with this all important decision.

A balanced lifestyle is a healthy lifestyle



Nowadays with busy work schedules, overtime, deadlines, studies, kids, the rising petrol prices, inflation, social obligations, house chores, bond

payments, etc, it is getting harder for most people to lead a healthy and balanced lifestyle. For most, our physical, mental and emotional wellbeing comes in second place to everything else.

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Bryanwood offers highly qualified therapists who are dedicated to help you cope with the stress of a demanding life. Finding a way to cope with stress and find balance is often the most difficult part of the process for many individuals. This is where Bryanwood is able to assist.

Coping with your child leaving the care of your umbrella



When a child leaves home for the first time it is often a very exciting move for the individual. However for parents it can be an extremely difficult change or

transition. This difficult adjustment is often normal but for some parents it can lead to distressing times. This is common in a parent or parents who may have attachment issues.

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Bryanwood Therapy and Assessment Centre offers counseling to assist parents and children caught up in this predicament.



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