

## **Sex clinic for men, in London and in St. Albans**

“Sexual dysfunction is when he's not able to perform with his sexual partner,” says Matt Broadway-Horner. “The main problem is being unable to get an erection. It's much more common than people realise. In the 20-40 age group it affects around 7-8% of men, in the 40-50 age group it affects 11%. In the over-60s it affects 40%, and more than half of men over 70.”

Male Sexual Problems, It can affect any man, whether he is straight, gay, bisexual or transgender. Read more about erectile dysfunction (impotence) and premature ejaculation. Erectile Dysfunction (Impotence), This is when a man can't get it up, or keep, an erection. Most men experience it at some time in their life. It only becomes a problem when the man or his partner considers it a problem. What Causes Erectile Dysfunction? A variety of things cause it. Some psychological and

some physical. Psychological issues tend to affect younger men, such as first night nerves and so on. Often, these problems don't persist. But there can be more serious psychological problems about sex that need the help of a psychosexual therapist. Worries about work, money, your relationship, family, and even worrying about not getting an erection, can all be factors. Physical reasons for erectile dysfunction include: Heart Disease, Diabetes, Raised Blood Pressure,

Raised Cholesterol: this can lead to clogging of arteries, including the arteries in the penis, which are very narrow (1-2mm in diameter compared with around 10mm in the heart artery), Low Testosterone: testosterone levels fall as men get older, but not all men are affected by it. Those who are affected will have symptoms such as feeling tired and unfit, and loss of interest in (and inability to have) sex. For more information on the clinics and how to book an appointment please call 02074671508

# Mindfulness reduces distress and enables us



Mindfulness has been found to reduce distress and help us for longer scientists say. With Brain scans they can now see the brain and measure effectiveness

scientific studies have found increasingly concrete proof of the inseparability of body and mind, and have even given us a glimpse of the biological basis of the illusion of self. In the last several decades, the scientific study of meditation has provided increasingly concrete proof of the inseparability of body and mind. It has also demonstrated ways we can literally change ourselves and our world through practice; shown us the observable changes in

the systems and subsystems that govern our attention as we progress from the focus of mindfulness to the panorama of awareness; and even given us a glimpse of the biological basis of the illusion of the self. Changes In Regions Of The brain One of the most interesting areas of research on the effects of contemplative practices has explored the possibility that the actual structure of the brain is changed by meditation practice. several neuroscientists have shown that some of the brain regions activated during meditation are actually different in people who meditate regularly, and the most recent evidence suggests that the changes can occur in as little as eight weeks. This finding is at odds with what we think we know about brain

structure in adults. We used to believe that sometime shortly after twenty-five or thirty years of age the brain was finished with growth and development. from then on, the brain became progressively impaired by age and injury, and it was all downhill from there. But recent meditation research suggests that this glum outcome may not be inevitable. Meditation practice is associated with changes of specific brain areas that are essential for attention, learning, and the regulation of emotion. Maybe this shouldn't be such a surprise. When you exercise your muscles in the gym, they become larger as well as stronger. Their structure changes. In fact, almost any structure of the body changes with exercise.

## Let's look prevention

There is no question that you can become a perfectly good meditator without any complicated neuroimaging technology. On the other hand, for those of us who are interested in practicing mindfulness and other related forms of meditation, the modern science of meditation offers us a window into some very interesting—and important—areas of our practice and our lives. Can the benefits meditators say they experience—increased calm, decreased stress, better attention, and so forth—be traced to actual neural changes? The answer is yes and by practicing 10 minutes a day for 8 weeks you can change your state of pessimism to optimism and change the way you feel about self and make some advances on stress too. The bridge from spiritual and scientific has been made!



# The CBT in schools project



CBT in the City Schools Project is a Workshop Program developed by Matt Broadway-Horner and is under the copyright of CBT in the City to help teachers most effectively deliver the Project Lesson Plan to their Students in PHSE

The Workshop is 3 days in length and once completed the teacher will then become a CBT in the City School Consultant and will be required to attend one Workshop Refresher per year to keep the Skills Alive and also learn New Information from the Latest Research in the field of Psychology and Neuropsychology

It takes both students and teachers to create a reflective classroom. CBT in the City directly affects Student Learning, Attitudes and Behaviors by imparting knowledge of how they can change their current situation by teaching them about how thoughts can create Self Defeating Behaviours and produce low confidence and low self esteem. Through the Reflective Classroom as viewed through the lens of CBT in the City teachers can more easily manage the Social and Academic Environment in which they spend the better part of their waking hours. By making Mindful decisions and employing the same skills they teach children, educational professionals become more collaborative colleagues and better listeners and communicators. Ultimately, greater job satisfaction results

A CBT in the City Reflective Classroom is characterised by:

- Enquiring young minds ready to learn in an environment that promotes academic , personal and private success
- Growth of respect and personal regard as children learn to acknowledge the unique qualities of others, attentively listen to their concerns, and avoid arbitrary or negative reactions
- A rise in positive social exchanges among students and adult colleagues
- Reduced bullying
- Renewed partnerships with parents and families to promote children's learning and growth
- Reduced teacher stress and vulnerability naturally associated with the challenges of the teaching profession



## Testimony from a teacher and how it helped them

It helped me to view pupils from a different way. The 3 day workshop was valuable for me to learn a therapy approach and apply it to myself. This helped me to help the children and make the lessons vibrant and alive with the help of my assistant. The classes work we'll with an assistant and cannot be carried out alone as they open up about different topics including bullying and home life. Great value for money and we'll worth it as now I can help the children in a different way and not pigeon holed by my job.



## Testimony from a student and how it helped them

I was a bully but did not realise how my home life was happening to me. I talked to the teacher about my dad and how angry he gets since my mom died. She died 2 years ago but I miss her and get angry a lot. I learned a lot about myself and that I don't need to bully people to feel better about myself. I can do it it just takes time. My dad stays home with me more since my teacher spoke to him, I am glad I have my dad back, I like it that teachers had to learn how to talk to me.



We can help with all sorts of problems, like obsessions, worries and dark moods. We can feel down about a lot of things like work, sex, babies, being a mother, getting married or receiving a promotion. All these would appear to be happy moments in life but sometimes things and life gets in the way. We are here to help and our director Matt Broadway-Horner extends a warm welcome to you

Our priority is to work with you to find an appointment with the right Consultant for you, at a time and day that is convenient to you for face to face, telephone or video online therapy with an expert straight into your room. There are 3 ways to book an appointment or find out more about our services:

- Call us at CBT in the City on 0207 4671508 and have a chat today
- Drop us an e-mail at [contact@cbtinthecity.com](mailto:contact@cbtinthecity.com)

Our office manager is on hand to help with any queries you may have from finding out more, referral information, fees, workshop details etc, please call today and we will be happy to help. We attempt to answer all calls personally but if we can not answer your call as the Consultants may be in a workshop or back in the clinic then you can leave a message and a therapist will call you back personally. Remember we are here to help and there are a variety of packages to suit your needs. Believe me we have thought of every need and have a package for you! Call us on 02074671508.



### **Open now is a clinic for women with post natal depression who also suffer with obsessions**

Some women who have Postnatal Depression get thoughts about harming their baby. This is quite common, affecting around half of all women with the condition. You may also have thoughts about harming or killing yourself. These thoughts do not mean you are a bad mother, and it is very rare for either mother or baby to be harmed. However, it is vital you seek help if you have these or other symptoms of Postnatal Depression. Treatment will benefit both your health and the healthy development of your baby, as well as your relationship with your partner, family and friends. Call now on 02074671508 and speak with an expert today, you deserve the best for you and your baby.



### **Therapy at your ease through using iPads, iPhones etc as an extension to you and your life**

However it can prove difficult to take time off work to see a specialist due to the growing pressures of working in a recession. Bosses are trying to juggle many aspects of the business and simply can't afford to allow team members to take time off. Or you could be a stay at home parent who is struggling with a problem and don't know how to manage or cope. Whatever the problem video online therapy will help and be a source of support and encouragement. But why suffer in silence when technology now is better than before and you can contact a specialist via a smartphone, ipad, laptop and desktop through using online service



### **Mindfulness weekenders available as well as weekly groups and 121**

Dates for February, March and April are on the website just clinic on mindfulness icon at the bottom of the [cibtinthecity.com](http://cibtinthecity.com) homepage and view. These were a success last few years and so we have continued with them this year. Amazing value and you will learn a lot from the expertise from your group leader who has been practising mindfulness for many years. Try it and surprise yourself to a weekend or a 8 week special which is a 2 hour group each week for 8 weeks, just right for your hectic lifestyle. Remember this is an opportunity to rise about stress by slowing down, does this sounds impossible? Well Matt will show you how