Counsellor
Mediator
Author
Family Therapist

I Am Not My Father!!!
By Siobhain Crosbie

www.ayanay.co.uk
Cancer to CEO

Trauma
Therapy
Self Awareness
Life Saved

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Cancer Hides, but MY body was telling me something wasn’t right

Week of Surgery
Surgery showed me how ill my body actually was.

1 Week after Surgery
Self Awareness is ESSENTIAL.

3 Weeks after 1st Surgery & 6 Weeks before the 2nd Surgery
Responding to Trauma is NOT Mental Illness
COGNITIVE BEHAVIOURAL THERAPY

In Practice

As developed by S. Crosbie

THE VC METHOD ©

EVENT

FEELING

CONSEQUENCES

REACTION

THOUGHT
Accepting
Adapting
Appreciating

THE VC METHOD ©

BEING INVITED TO BORNEO

INCREASED EXCITEMENT

EXCITED

THE VC METHOD ©

APPRECIATE THE EXCITEMENT

WHAT AN HONOUR
You can find us...

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