

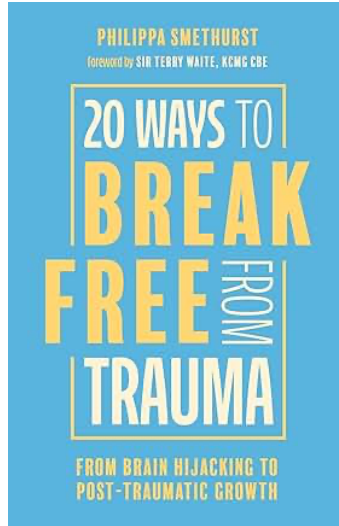


# BANBURY THERAPY GROUP - Book Launch

Saturday 23rd November 2024 5pm - 7pm

Philippa Smethurst in conversation with

Alaa Safi and Rachel Young



**THIS FREE EVENT IS OPEN TO ALL WITH AN INTEREST IN THE SUBJECT**

**‘An important and insightful contribution to the mental health literary landscape.’ Alastair Campbell, Mental Health Campaigner**

**‘One of the best books on trauma I have read in a long time.’  
Sir Terry Waite**

**Philippa Smethurst** is a counsellor, psychotherapist, supervisor, trainer and author.

The discussion is followed by wine and cheese.

## What is Trauma?

This book identifies 20 main ways that trauma manifests.

Please telephone **01295 231320** if you would like to attend this event.

**19 Parson's Street  
Banbury  
OX16 5LY**

**Alaa Safi** is Founder of Counselling Without Borders



The book offers practical steps to help you, or someone you support, break free from trauma and build a more resilient self.

If more info needed please email: [ps@philippasmethurst.com](mailto:ps@philippasmethurst.com)  
**Signed books will be available**

**Rachel Young** is Director and Co-Founder of Banbury Therapy Group.

