



July 2025



A Note from Michelle

At Feel Well Therapy, we're always exploring the best ways to support your mental health—whether that's through traditional therapy or carefully selected, evidence-based treatments like FLOW Neuroscience.

This month, we're shining a light on FLOW—an innovative, non-invasive approach to treating depression—and sharing some exciting updates from our team and beyond. Thanks for being part of the Feel Well community. We're so glad you're here.

Warm wishes,
Michelle
Clinical Lead & Director

FLOW Neuroscience

FLOW is a non-invasive, drug-free treatment for depression that uses gentle brain stimulation (tDCS) to help restore healthy brain activity and improve low mood. It's safe, evidence-based, and proven effective through gold-standard research, including trials at King's College London and the University of East London.

You may have seen the FLOW headset available online or in pharmacies like Boots—but here's how we do things differently at Feel Well Therapy:

- ✓ An initial assessment to make sure FLOW is right for you
- ✓ Ongoing clinical support with personalised care from Michelle, our Clinical Lead
- ✓ Customised treatment plans with the flexibility to adjust the protocol as needed
- ✓ The option to combine FLOW with CBT therapy—both recommended treatments for depression
- ✓ The option to rent a device from us during the first 10 weeks, or receive a 25% discount code if you choose to purchase your own.



While many people benefit from using the standard FLOW protocol, every brain is different. That's why we undertake a thorough history of your mental health and tailor each treatment programme to suit your needs.

Treatment typically begins with 5 sessions per week for 3 weeks and gradually reduces over time. We track your progress using the FLOW app, schedule regular reviews, and adjust your plan to help you get the best results.

Whether you're looking for a standalone option or want to combine FLOW with therapy, we're here to support your journey.

✉ To find out more or to book your initial consultation, contact Michelle at: info@feelwelltherapy.co.uk

Practitioner Spotlight: Olivia Brenwin, Counsellor



This month, we're pleased to welcome Olivia Brenwin to the Feel Well Therapy team.

Olivia is an experienced and accredited Counsellor with the BACP, offering inclusive, affirming therapy both in person and online.

She offers a calm, non-judgemental counselling space to explore issues, always led at the client's pace.

Olivia is available for sessions Online Monday-Tuesday-Friday
10am to 2pm

To book an appointment with Olivia, please contact: info@feelwelltherapy.co.uk

What People Are Saying



A recent review left by one of our clients:

"Therapy sessions with my therapist have been life changing for me. Thanks to the guidance I was given and the skills I have been taught, I feel more capable, confident and resilient than I thought possible and I am now feeling really positive about the future"



Resource Highlight: Chat GPT??

We came across a thoughtful article from Talkspace exploring the question: Can AI be used as a therapist?

While AI tools like ChatGPT can offer emotional support or coping strategies, they aren't clinically safe substitutes for professional therapy—especially for complex issues like depression or trauma.



You can read the full article by scanning this QR code:

Thank You for Reading

Thanks for catching up with us this month. Whether you're exploring a new treatment, considering therapy, or just following along, we're glad you're here.

If you'd like to learn more about FLOW, book a consultation, or connect with one of our therapists, we're always happy to chat. And if you know someone who might benefit from our services, please feel free to pass on our details—we'd love to help.

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See you next month,
Michelle