

BALMAIN EAST

# Clinic fostering a close relationship

## SENSORY SENSIBILITIES AT CORE OF TREATMENT

Shireen Khalil

THE moment you walk in you're distracted by the scented candles, calming environment and hot towel.

A world away from a conventional room of psychologists, the Relationship Room, which looks out over the City skyline, is designed to connect to the client.

Clinic director Paula Saad said its therapeutic philosophy was to use the senses to facilitate the mind-body connection.

"Safety and comfort is paramount," Ms Saad said.

"We notice clients are more at ease and we get less

### THE ROOM

- The Relationship Room welcomes individuals, couples and families
- Located at 62a Darling St, Balmain East

cancellations with appointments."

The clinic uses a "sensory approach", which is about connecting to the space. Sensory cushions, customised tea and even hot meals are all part of the process.

Principal psychologist Rachel Voysey said the moment clients walk in, they begin the therapeutic pro-

cess without even realising it.

"The Relationship Room works to help clients reach an awareness of their selves in terms of their senses," Ms Voysey said.

"This extends to an understanding of the sensory modalities - vision, hearing, taste, smell, and touch - that a client may associate with traumatic memories."

Ms Voysey said the Relationship Room greeted your senses rather than ground them down in the pursuit of clinical "neutrality".

"In fact, your senses and sense of self are given the highest priority," she said.



Rachel Voysey and Paula Saad offer a calming environment at The Relationship Room.



Picture: CRAIG WILSON

INNER WEST

## Important to keep pets well watered

AS THE weather warms up don't forget your pets need a clean water supply at all times.

According to Petsafe, 36 per cent of pet owners did not know how much their pets needed to drink.

Well-hydrated pets can keep themselves cool more easily compared to those which are dehydrated.

MARRICKVILLE

## Tennis raffle a hit

MARRICKILLE Lawn Tennis Club recently rallied to raise money for Father Riley's Youth Off the Streets.

The money was raised through a raffle - and now one of the club's coaches is even running a challenge to raise funds by shaving his hair like Aussie Wimbledon finalist Nick Kyrgios.

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**MARRICKVILLE council**

**PROPOSED EXTENSION OF ROAD CLOSURE OF ALICE LANE, NEWTOWN**

Alice Lane is currently closed to traffic at Pearl Street. Marrickville Council proposes to extend this closure from Pearl Street to Pearl Lane to enable construction of a natural stormwater treatment system.

Feedback and submissions are invited on the proposal and are due **Friday 25 October 2014**. Submissions can be made at [yoursaymarrickville.com.au](http://yoursaymarrickville.com.au) or in writing to Council.

For further information contact Council's Engineer on 9335 2246 during office hours.

BRIAN BARRETT  
GENERAL MANAGER

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