



## Living Life to the Full Supporter Newsletter October 2025

### In this edition:

EABCT conference, Clinical issues - Tourette's Syndrome, VR Dental anxiety, Bouldering Psychotherapy (!!), SAD course  
Plus a rare opportunity to attend training on how to deliver the **Reclaim you life** course and resources - helping people live with long term illness

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### EABCT 2025 – Glasgow

Donna and Theresa and Chris had the pleasure of representing our team at this year's **EABCT 2025 Conference** in Glasgow, hosted by the European Association for Behavioural and Cognitive Therapies. With over 2,000 attendees from across Europe and beyond, the event was a fantastic celebration of evidence-based practice, innovation, and collaboration in CBT.

The programme was packed with practical workshops, cutting-edge research, and inspiring keynote speakers. We especially enjoyed connecting with so many of you — thank you to everyone who stopped by to chat, share ideas, or attend our stand.

You can read more about Chris's experience at the **Bouldering Event** at the conference below — a unique and energising part of the conference!



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### Clinical issues - Tourette's Syndrome

***I Swear* – A Film That Challenges Perceptions of Tourette's – See it for FREE!**

**Cinemas are offering free screenings of an inspiring new film about a Scottish**

### campaigner with Tourette's syndrome.

*I Swear*, which tells the true story of John Davidson MBE, will be shown in Glasgow and across the UK on October 6 and 7.

Raw, real, and rooted in lived experience — *I Swear* offers a powerful lens into the world of Tourette's Syndrome.

For practitioners, it's more than a film — it's a learning opportunity.

Witness the complexity of tics beyond the stereotypes.

Understand the emotional and social impact on individuals and families.

Gain insights that can deepen empathy and clinical understanding. A valuable resource for psychoeducation with clients. Ideal for team discussions, training, or reflective practice.

Produced in Glasgow, grounded in authenticity.

*I Swear* invites us to listen, learn, and rethink what we think we know.

The film is being screened for free across more than 100 UK cinemas as part of the Escapes programme – a BFI-backed scheme funded by the National Lottery.

Tickets can be **booked for free** through the Escapes website or via the Escapes Cinematik app.

<https://escapes.cinematik.app/>



## Tackling Dental Anxiety with Virtual Reality

### Tackling Dental Anxiety with Virtual Reality

We're excited to announce a new collaboration with **Maze Reality**, a cutting-edge Scottish company based in Lothian specialising in virtual and augmented reality solutions. Together, we're developing an innovative **VR-based dental anxiety app** designed to support both the public and dental professionals.

This immersive tool will be available in two formats:

- **Public-facing version:** Designed for individuals accessing urgent dental care, the app offers calming, evidence-informed VR experiences to reduce anticipatory anxiety and improve treatment engagement.
- **Practitioner toolkit:** A companion version for dental teams and mental health professionals, offering structured modules and interactive tools to support patients with dental phobia or procedural anxiety.

Drawing on CBT principles, exposure techniques, and immersive enablement, the app aims to bridge the gap between psychological support and real-time dental care.

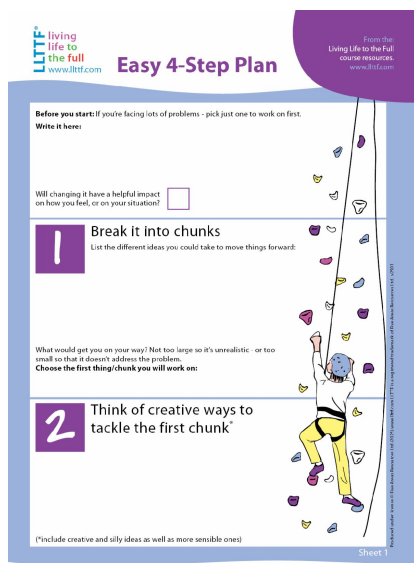
The app is in development – and we expect it to be available from early 2026.

This project reflects our commitment to accessible, scalable solutions for anxiety management — and we can't wait to share more as development progresses.

□ [Buy the Book-Based version](#)

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**What If Your Next Breakthrough Looked Like a Climbing Wall?**



At the recent **EABCT Conference in Glasgow**, Chris had the privilege of acting as discussant at a fascinating symposium led by **Dr Steve Moorhead**, exploring the mental health benefits of **Bouldering** — a form of climbing that’s as much about mindset as muscle.

Bouldering Psychotherapy challenges individuals to approach problems step-by-step, tolerate uncertainty, and build confidence through incremental mastery — all core principles in cognitive behavioural therapy (CBT). The parallels between climbing and psychological problem-solving are striking.

Emerging research shows that **bouldering psychotherapy (BPT)** can significantly reduce symptoms of depression and anxiety, with effects comparable to CBT. It promotes mindfulness, emotional regulation, and self-efficacy — all while engaging the body.

#### References:

<https://psycnet.apa.org/record/2020-19201-001>  
<https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/s12888-025-07292-3>

*This month’s featured worksheet* draws on this metaphor: a visual “climbing wall” of steps to tackle real-life problems.

[Download the worksheet here.](#)

### When the Clocks Go Back, Don’t Fall Back Too (FREE Resources)

As the clocks go back on **Sunday 26 October**, many people with **Seasonal Affective Disorder (SAD)** begin to feel the familiar dread of darker days and lower mood. But winter doesn’t have to mean withdrawal.

Our **Course of the Month** is *Living Life to the Full with SAD* — a free, evidence-based online course designed to help people make the most of winter light, stay active, and manage low mood.

Developed in collaboration with the **Geography Departments at the Universities of Glasgow and Edinburgh**, and funded by the **ESRC**, the course blends CBT strategies with environmental awareness to support wellbeing through the winter months.

It's ideal for your clients, patients, or anyone who finds winter a struggle — and it's grounded in both **research** and **user experience**.  
As it's research-funded it's also FREE to use.

[www.lltff.com/sad](http://www.lltff.com/sad)

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## Training Spotlight: Learn to Use LLTTF with Confidence

Whether you're a practitioner or simply someone looking to get more from the *Living Life to the Full* resources, we've got training to suit your needs.

- **Free sessions for the public:** Learn how to use the LLTTF website and courses to support your own wellbeing.
- **Free practitioner overviews:** Discover how to introduce LLTTF resources in your work with clients or patients.
- **Paid CPD-accredited workshops:** Dive deeper into courses like *Reclaim Your Life*, *LLTTF for Young People*, and more — all grounded in CBT and designed for real-world use.

Training is delivered live online by experienced trainers, with options for bespoke sessions for teams and services.

Upcoming dates and booking: [www.lltff.com/training](http://www.lltff.com/training)



14 October @ 9:30 am - 4:00 pm

Delivering LLTTF Reclaim Your Life Classes  
Workshop (Supporters) Tuesday 14th  
October 2025 9.30-4PM (Zoom)

Teaching practitioners how to deliver the Reclaim your life course. This teaches clients how to have a better life with long-term physical health conditions such as heart conditions, lung disease, cancer, fatigue, pain, diabetes, and stroke.



29 October @ 4:30 pm - 5:00 pm

Brief overview and focus on resources to help people with SAD- Seasonal Affective Disorder Wednesday 29th October 2025  
4.30-5.00pm  
(Supporters/Practitioners/Members of the Public) (Free)

20 November @ 9:30 am - 4:00 pm

Delivering LLTTF Perinatal Classes  
Workshop (Supporters) Thursday 20th  
November 2025 9.30-4.30pm (Zoom)

This session contains two half day workshops than can be booked together or separately.



**Morning:** Enjoy your Pregnancy classes/resources.

**Afternoon:** Enjoy your Baby classes/resources.



26 November @ 4:30 pm - 5:00 pm  
Focus on resources to help Young people and Parents live life to the full Wednesday 26th November 2025 4.30-5.00pm (Teachers, practitioners and parents of a teenager) (Free)

## See all our training opportunities



**Also available regular half hour overviews of our resource range and approach.**

Visit [www.lltff.com/training](http://www.lltff.com/training)

Are you a Team lead, practitioner/supporter working in education, charities, the NHS, or the private sector? We offer a regular **free** virtual tour to guide you through the extensive Living Life to the Full (LLTTF) resources. This provides the perfect opportunity to discover how our resources can enhance your service. Don't miss this opportunity to discover tools designed to support staff and service users alike.

Visit our Training page and search for the **Free tour of the Living life to the full resources for Supporters.**

[Book a free tour around our resources](#)



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