

Welcome

Transform Overthinking into Peace of Mind

Are you tired of your thoughts running on an endless loop? Does anxiety keep you awake at night and drain your motivation? Worry and anxiety happen to all of us, but they don't have to run the show. You're not alone – and more importantly, there's a proven path forward to managing your worry and feelings of anxiety with actionable techniques.

Your journey to inner peace starts here

Join experienced psychotherapist
George Myburgh and wellbeing coach
Claire Terink for a personalised, supportive
8-week program designed to give you
practical tools for lasting change. Our
evidence-based approach combines

Cognitive Behavioural Therapy (CBT)
with proven, practical tools which you can
use immediately to lessen the grip of
anxiety and worry and give you control of
your life.

Contact

WhatsApp/Call: George Myburgh Claire Terink 074 350 8599

Email enquiries@theconnectionspace.co.za

Website www.theconnectionspace.co.za



George Myburgh

Hello



About my work The bulk of my clinical work is around anxiety disorder conditions such as Generalized Anxiety Disorder, Social Anxiety, Health Anxiety, Specific Phobias and Panic Attacks. I also work with Post-Traumatic Stress Disorder (PTSD) and issues as a result of Low Self-Esteem and lack of confidence. I am experienced in working with a range of clients, including the LGBTQ+ and BAME communities, with ages ranging from 16 to 89.

Dealing with Worry and Anxiety

Through years of working with clients, I've seen a strong need for change, leading to the creation of the 'Worry and Anxiety Management Course.'

By recognising thought and behaviour patterns, we gain insight to respond mindfully rather than react impulsively. Combine this with proven techniques to master worry and anxiety, and you lay the foundation for strengthening emotional well-being, enhanced connections with others and impactful decisions both in personal and professional contexts.

Healing We all have the innate capacity for coping and healing. I work to help my clients connect with theirs in a safe, respectful and non-judgemental space, teaching them to understand why they experience things as they do and then to help them develop strategies and coping mechanisms to help them make better, more helpful decisions in life. All it takes is that first step to reach out for support.



Claire Terink

Hi there and welcome



About my work

As an integrative well-being and communication coach, I draw on tools and techniques from various disciplines within these two fundamental areas of human experience.

I specialise in trauma healing, the mind-body connection, conflict resolution and teach actionable techniques to address and manage anxiety related issues. As SAPS VEP coordinator, I provide training for first responders using a multidisciplinary approach, including CBT, counselling, mindfulness and personal growth coursework.

Dealing with Worry and Anxiety My aim with therapy is first and foremost to create safety - a space where the client/individual and I collaborate on managing healing and/or empowering him/her toward desired outcomes. I am led by the client and provide support, a sounding board or simply the safe space to show up as they are and get in touch with their own inner wisdom and strength and capacity for healing.

A Response to the Growing Need for Healing The course is a response to seeing the incredible need for practical skills and tools to manage anxiety for individuals both personally and professionally, especially post-Covid and amidst the busy, trauma-filled life many people experience today. This course provides a pathway to healing - a few weeks of focused effort for a lifetime of freedom.

Claire

Learning Outcomes

By the end of this comprehensive course you will:

 Have a deeper understanding of anxiety and your triggers

 Have practical tools to effectively assist in managing these challenging feelings

 Learn coping strategies such as mindfulness and stress management skills to effectively deal with anxiety and reduce

symptoms.

 If your thoughts seem like they're on an endless hamster wheel or anxiety is stealing your sleep and motivation, causing you to wake up to face the overwhelm of another day – we've designed a course just for you.

In 8 weeks, we'll teach you how to manage overthinking, not sweat the small stuff and reclaim your life. It's not magic, but with commitment and practice the results can feel magical.

With reported recovery rates of over 80% in my practice at the UK NHS (National Health Service), we've got you covered – whether in person or online.

So, take that first step and visit **www.theconnectionspace.co.za** for more information.

Because you deserve to thrive not just survive



About the Sessions

Class structure: Emphasis on safe, non-judging, welcoming, supportive and practical learning.

Modular learning: Weekly 2 hours sessions over 8 weeks

A flexible approach: Access the course online or in person, tailored to your needs and lifestyle.

Small group setting: Create connections in a safe, confidential environment, designed for personal breakthroughs Practical tools:

Take home actionable techniques to apply immediately, transforming your everyday life.

GAD Course: Weekly Course Content

Each weekly course includes equipping you with actionable tools to manage worry and anxiety.

01. Week 1: Introduction, Contracting& Theory on GAD and CBT

- Introduction and contracting
- CBT theory and how this relates to GAD
- Developmental history quick tour

03. Week 3: Understanding Uncertainty and Perceived Threat

- Understanding uncertainty and threat
- Why the need for control?
- Learning Distress Tolerance

05. Week 5: Behavioural Experiments Part I

 Introduction to behavioural experiments: Pushing your boundaries

07. Embracing Spontaneity & Pushing Behavioural Boundaries

Final push –
 SPONTANEITY.

02. Week 2: Managing Worry – Does it Actually Help?

- Challenging your worrying behaviour, "Is worrying is helpful?"
- The different types of worry
- Introduction to worry management tool

04. Week 4: Understanding Safety-Seeking Behaviours and Impact on Anxiety

- Safety Behaviours: rationale and identification and cessation
- Anxiety maintenance factors Facing your fears

06. Behavioural Experiments Part II and Developmental Influences (cont.)

- Behavioural experiments continued: How much risk can you take?
- Developmental history continued
- · Core belief and rule development

08. Consolidation, Celebration, and Planning for the Future

- Consolidation & Maintenance of learning – covering Blueprinting process.
- Celebration of changes

Testimonials

"My anxiety is at a much lower level, and I have tools to help me in the future. George is very professional, adapting to my challenges, providing many insights and approaches to improving my state of mind. I am aware of why I feel like I do and how I can mitigate the negativity. I am not that guy anymore who complains, gets overwhelmed or tries to change my environment to suite my feelings, but more of a go with the flow person. My relationship with my wife has significantly improved." – AH

"Being able to speak to George for the past 8 weeks has been invaluable. The techniques he has taught me has given me confidence that I will be ok going forward. I will, however, feel slightly lost without him but eternally grateful." - Anon

"Fantastic spending time with George. Truly professional and has so much knowledge. Thank you."

Anon

"I found the treatment process very rewarding. I came with an open mind and have thrived with the advice and tools given. I've been able to implement these and have attended social events I previously avoided. Having these back in my life has given me a massive boost in confidence. I would say to someone seeking support to go for it 100%. Treatments with George are highly professional and made me feel very comfortable throughout and post-treatment I've been able to cope very well." — CM

YOUR INVESTMENT IN YOURSELF

Learn actionable techniques from specialist psychotherapist and expert well-being coach at R362.50 per hour.



Online options for those out of Cape Town or who prefer online forum 8 weekly 2-hour sessions

Take-home impactful exercises and resources

Take the First Step.

You deserve to thrive, not just survive.

Join us for a transformative journey.

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