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Whatever area we work in as therapists, looking after ourselves is an important part of what we do. Elsewhere in the journal, Michelle Oldale charts her journey to self-care via the strength and conditioning fitness programme, CrossFit. Michelle writes about how taking part in this physical activity programme has transformed self-care in her life as a psychotherapist, and substantiates this with links to ideas from psychotherapeutic literature and beyond.

As the author of two books on breast cancer, Cordelia Nevin Galgut has made positive use of her own experiences to throw light on issues for both therapist and clients, and her article in this issue is no exception. 'Redefining the Menopause' challenges myths about this phase in a woman's life, and suggests there is a need to acknowledge that menopausal symptoms can be challenging to manage for both clients and therapists.

Finally, the BACP Healthcare Executive looks forward to welcoming you to the Practitioner's Conference in Leeds on 24 April (www.bacp.co.events/). The event is co-hosted by BACP Healthcare with BACP Coaching, BACP Spirituality, and BACP Workplace. The division will be represented this year by our Chair, Zubeida Ali, and Executive Committee member and journal contributor, Neville Tomlinson, so do seek them out to say hello and share your experiences and views.



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