She first came for therapy aged 45. She was brought up ‘in care’ from the age of four months and lived in 27 different homes or institutions and went to 18 different schools, leaving school at the age of 16 without any qualifications. Her body was plagued by physical ailments. She couldn’t sustain relationships. Her life was lonely and loveless. This is her story and how therapy helped her to change.

Hazel Leventhal

Hazel trained at The Bowlby Centre where she has taught The Life Cycle seminar and chaired the Clinical Forum for three years. She has worked as a Samaritan and cared for her sister who suffered from early-onset Alzheimer’s. She now works in private practice in Bedfordshire.