

A NOTE FROM MAGGIE

SPACE TO BREATHE THERAPY

For My Mum and Dad

There is a reason this library exists.

Before you begin exploring, I'd like to share why creating this space has become one of the most important things I have ever done.

This library is dedicated to my parents, **Susan Brown** and **Robert Brown**, known to his friends as Bob.

My mum was a beautiful, caring and compassionate woman. From a young age she was diagnosed with manic depression, and like so many people of her generation, that diagnosis became the lens through which much of the world viewed her.

As both a psychotherapist and someone diagnosed with ADHD and autism later in life, I have often reflected on my mum's life. With today's understanding of neurodivergence, I sometimes wonder whether she may also have been autistic. I cannot know that for certain, and it would be wrong to make that assumption. What I do know is that, whatever the diagnosis, she deserved to be seen as a person first.

Too often, the medical model unintentionally allows the diagnosis to become the person.

Diagnoses matter. They provide language, understanding, access to support and appropriate treatment. They can be life-changing. But a diagnosis should never become the whole story.

Behind every diagnosis is a human being.

A person with hopes and fears.

A person with strengths and vulnerabilities.

A person with dreams, relationships, humour, kindness and extraordinary resilience.

This belief has shaped every part of my professional life.

Carl Rogers believed that when people are met with empathy, unconditional positive regard and genuine authenticity, they are given the opportunity to understand themselves and move towards growth. That philosophy has always resonated deeply with me.

I have never believed that our role is simply to see the diagnosis.

Our role is to create a space where people feel safe enough to discover who they really are.

Whether someone is living with ADHD, autism, depression, anxiety, trauma, an eating disorder or any other mental health condition, they deserve to be understood as a whole person, not reduced to a clinical label.

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My dad understood this long before I had the words for it.

Bob was the backbone of our family and my mum's greatest source of strength. Through every difficult period, he remained beside her with patience, loyalty and unwavering love. He supported her without judgement, and when Mum was well, she gave that same love back to him.

They made a beautiful team.

Watching them taught me something that no textbook ever could: healing doesn't begin with being labelled—it begins with being understood.

That lesson became the foundation of my work and, ultimately, the foundation of this library.

Every article.

Every course.

Every resource.

Every piece of education has been created with one purpose: to help people understand themselves and each other with compassion rather than judgement.

If this library helps someone feel seen...

If it helps a parent understand their child...

If it helps a partner understand the person they love...

If it reminds someone that they are more than a diagnosis...

...then it is fulfilling the purpose it was always meant to have.

This library is not only my work.

It is my parents' legacy.

It carries my mum's compassion, my dad's quiet strength, and the belief that has guided my life:

"See the person before the diagnosis."

Thank you for being here, and for becoming part of that legacy.

— Maggie