



Further Information on Multisensory Healing and Soul Integration Work

The work is a holistic mix tailored uniquely to be able to facilitate whatever healing or evolution a client needs: early and past life wounds, healthy psyche and Self-development, Ancestral and Familial Inheritance, Soul incarnation and alignment, discovery and embodiment of truth, gifts, purpose and potentials.

Incorporated are techniques in Transpersonal and Integrative Child, Family and Adult Psychotherapy, Psychological Child Development, NLP Coaching, Shamanic, Reiki, Shamanic and Natural Energy Healing, Shamanic Journeying, Spiritual Guidance, Psychic and Mediumship skills, Constellation Work, Somatic Body Work, Visualisation, Creative Imagination, Meditation, Breath and Sound, Oracle Cards, Nature and The Elements, Alchemical Processes, Dream Work, Art, Clay, Sandtray Work, Conscious Writing and Journalling.

Creative Techniques

We are more able to explore, express and understand who and how we are fully by engaging all of our senses (mind, body, emotion, intuition, spirit/soul) and aspects of ourselves (culture, society, ancestry) through the multisensory tools of creativity.

Using creative means that we bridge our Conscious (the physical, sensate, seen) with the Unconscious (the ether, invisible, energetic), the Transpersonal, the Field, Source and integrate a more whole, lasting transformation.

Working practically and experientially enables embodiment; the learning to be internalised, grounded and experienced in a felt somatic sense (brain, body, energy, feeling, thinking, etheric) so that the whole of you understands, transforms and integrates the changes.

Writing and Journaling

Writing and journaling is a must in this work. This simple tool enables an outward expression of all we are experiencing within. It is an outlet which enables release and space inside. It gives us distance to help make sense of ourselves and situations. It can be our counsel and guidance, derived from our own innate wisdom. The experience itself is healing, cathartic, empowering and enhancing.

Creative Imagination

This work is used throughout. It is integral both in the regular Psychotherapy and in the Breakthrough Sessions.

This is the world of Creativity in all its forms: Symbolology, Imagery, Mythology, Mysticism, Psychic, Ethereal. It is the realm of the non-physical, invisible, unconscious.

This holds all our nuances, potentials, ideas, ideals, shadow. The collectives of the Archetypes, Alchemy, the One, Divine, Soul, Spirit.

And in its physicality, Nature and the Elements of air, earth, fire, water and ether.

It is the world of myths, dreams, visions, stories, fairytales.

Various techniques include guided or open imagery, bodywork, breath and sound, movement and postures, Role-Play, Chair Work, energy medicine, inheritance and ancestral work, dream work, visualisation and meditation.

Through experimentation, imagination and acting out, emotional complexes at the heart of us are brought into the present, for insight, empathy and transformational resolution and release.

Sandtray Work

Sandplay is so powerful. It is known as a “waking dream” experience. I use it with all ages. It is deeply profound in its ability to access the unconscious and bring it to conscious awareness, physical viewing and touch. It is a hugely transformational method of real hands-on therapy.

It is both metaphysical and a deeply present, secure, grounding, contained experience. The sand itself stimulates the pads of the fingertips, which link directly to the emotional ‘Limbic System’ (Siegel, 1999), bypassing the rational logic of the mind, enabling a direct connection to the underlying feelings and experience.

Sandplay is often a silent activity in which the therapist contains and witnesses, with the potential for dynamic interaction as well. There is no right or wrong with this beautiful self-healing tool enabling deeply heartfelt self-discovery and expression.

Art and Craft

When words are not enough, or you can't find the right ones, or maybe don't even know what the words are, drawing, painting and creating using various materials including crafts, clay, plasticine, water is an amazing means to visually, physically and cognitively represent our experiences and feelings. There is huge power, expression and palpable energy in grounding visual imagery. Even in just making a mark, scribble or shape as well as in-depth drawing to show our experience.

Spiritual Soul Coaching and Guidance

The Spiritual Soul Coaching and Guidance I offer is based in my natural psychic and intuitive abilities, as well as trainings in NLP (Neuro-Linguistic Programming), Higher-Self Healing (connecting you with your own Higher Consciousness), Esoteric Wisdom techniques (timeless, spiritual teachings of the universe, energy and consciousness), Shamanic Healing, underlying Transpersonal and Integrative Psychotherapeutic processes, as well as Psychic and Mediumistic skills.

This work helps you discover the true origin of an issue, so that you can see clearly where you are stuck and what is needed to move forward. The enquiry brings underlying negative and limiting beliefs to consciousness, as well as insight and realisation of your truth, gifts and potential.

This work initiates the process of shifting from fear, doubt and limitation, to love, trust and freedom, so that you can reconnect with your truth, purpose, inner wisdom and light.

Shamanic Energy Medicine

Shamanism is the ancient practice of healing and transformation, working with our Energy in mind, body and spirit to strengthen our innate connection to our spiritual essence and wellbeing. Our energy body holds imprints, good and bad, of our lifetime, our ancestors, the human collective and past lives, which all informs our body and behaviours.

By bringing awareness to what we are carrying in our energy field, we can become conscious of how and why we are how we are. We can see how we act out and repeat history and what needs to change by locating the source of felt and energetic imprints.

Using Shamanic Energy Medicine, the obstruction or wounding in the imprint is cleared, cleansed and released. We reset, rebalance ourselves, our chakras and allow our whole auric field to be restored and filled with light and love, enabling our spiritual re-connection and divine alignment with all that is. Our cells receive this new, clear, true information and respond accordingly, enabling a restructuring of our brain's neural pathways, transformation and freedom in how we choose to live our lives.

In Shamanism, it is believed that when you experience trauma or a wounding, you disconnect from your inner light or lose a part of yourself, a "Soul Part". You can feel a part of you is missing or lost. Within the healing session, we may journey on a Soul Retrieval, to reintegrate a missing part, along with the wisdom, gifts and learning it holds. We may also future pace, embedding underlying potential, learnings and wisdom, from your future, highest, wisest self.