



Conscious Counselling

I am delighted to be offering a new service I have named **Conscious Counselling**. This is drawing on my 10 years of professional experience to offer an alternative, purely “talking therapy” to those who may be uncomfortable with the idea of Hypnotherapy. I have been intuitively AND consciously applying a range of different counselling techniques as an integral part of my Hypnotherapy practice since 2010, drawing on my formal training in Clinical Hypnosis in 2007-2008 via the London College of Clinical Hypnosis. Recently there has been a shift in my client sessions with more emphasis on counselling and to meet my clients’ needs I have been inspired to develop and offer a counselling service.

What can Conscious Counselling help with?

Counselling can help you with many emotional, social, behavioural or psychological problems by identifying the causes and patterns of thinking, feeling and behaving which have created your difficulties. It helps you explore the conscious and unconscious motivations behind unwanted feelings and behaviours; as well as making sense of those you are already aware of. It can help you regain self-acceptance and confidence where your expectations may have become unrealistic or difficult to maintain and find alternative ways of dealing with life challenges. It can help you to heal the wounds of a trauma or personal crisis. Counselling can also help you with a number of coping strategies or dedicated techniques, which you will find effective in problem-solving and gaining independence.

What to expect from Conscious Counselling:

Ultimately, therapy is focused on enabling a greater sense of self-awareness and insight, supporting you to make positive changes in your attitude and/or behaviour and regain a sense of control and pleasure in life.

In session I will encourage you to explore aspects of your life and feelings by talking openly and freely, enabling you to express difficult or uncomfortable feelings in a confidential and safe space. I may make suggestions to help you explore possible helpful tools and strategies. My approach will draw on a diverse range of techniques, helping you to see situations from a different perspective or view-point. My aim is to guide you to find your own solutions, for you to feel empowered to make your own choices and decisions, and always with a focus on allowing you to progress at your own pace.

Our work together may involve some form of “homework” and you are encouraged to bring a notebook or journal to each session to make a record of any tasks we agree would be

beneficial to your self-help work. Therapy may feel challenging at times but this is a necessary part of the process.

The initial session can take between 1.5-2 hours to allow me to take a full case history and get a good understanding for what is going on for you and how you are experiencing your problems. Subsequent sessions may take 1-1 ½ hours. You are welcome to bring a support person to sessions if you feel this would be beneficial. I can work with both adults and teens.

Counselling can often avert the development of a more serious issue. Therapy brings about a deeper awareness, it helps you to manage your emotions, rather than feel overwhelmed or ignore them until you cannot cope any more. Seeking support when you need it is a sign of strength and self-empowerment. It takes courage to address problem areas and examine uncomfortable or painful feelings.

Below are a few examples of what I can help with:

- mild to moderate depression or anxiety – to deal with feelings of depression or sadness, and have a more positive outlook on life, to deal with feelings of anxiety, helping you worry less about things
- a difficult or traumatic life event, such as a bereavement, loss of a job, divorce or a relationship problems
 - personal or work-related stress, trouble focusing or concentrating
- to deal with difficult emotions – for example, grief, guilt, sadness, hopelessness, confusion, a sense of overwhelm, anger, aggression
 - to deal with issues preventing you achieving your ambitions
 - understand yourself and your problems better
 - to develop stronger self-esteem and feel more confident
 - to develop a better understanding of other people's points of view

Please note I can only help with **mild to moderate** issues. For moderate to severe mental health issues you will need to consult with your GP to access the appropriate mental health support.

How many sessions will I need?

Depending on the complexity and nature of your problems and the type of support you need you may need just a couple of sessions, a short course of 4-6 sessions or a longer course of counselling that lasts for several months. It may take a number of sessions before you start to experience progress but you should start to gradually feel better as therapy progresses. You have the right to terminate therapy at any time if you feel it isn't working for you. I will provide you with an honest opinion of whether I can be of help to you and an estimate of the number of sessions required to achieve your goals at the end of the first session. I am equally happy to discuss these issues via telephone or email prior to scheduling.

For all enquiries and appointments please contact:

Call/text: 021 264 3927 or Email: kh-clinicalhypnosis@hotmail.co.nz

Disclaimer: Please note that I am not a “formally” trained counsellor and as such you are unable to access my services via the public health system. For crisis situations or severe mental health issues please consult with your GP, local hospital, or call a crisis line.