

## Education and Training

Bachelor of Arts  
Psychology/Asian Studies  
(Victoria University)

Diploma of Liberal Arts  
(Victoria University)

Diploma of Counselling  
(Australian Institute of Professional  
Counsellors)

Advanced Diploma of Transpersonal  
Counselling  
(Phoenix Institute of Australia)



## Memberships

Holistic Therapists Australia Inc. (HTA) 

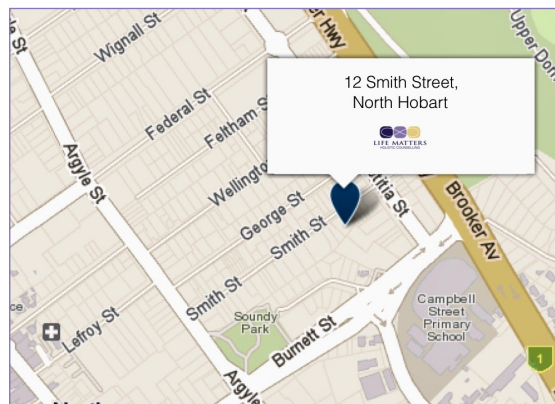


## Life Matters: Holistic Counselling

Many things can be done to improve your wellbeing when challenged in life or facing adversity.

Please contact me to discuss your situation in more detail or with any questions you may have.

## Location



## Contact

**n.** Susan Joy Walters  
**a.** 12 Smith Street, North Hobart  
**m.** 0421 716 742  
**e.** [lm@counsellingholistic.com.au](mailto:lm@counsellingholistic.com.au)  
**w.** [www.counsellingholistic.com.au](http://www.counsellingholistic.com.au)

## Hours

Monday to Friday - 08.30am to 5.30pm



**Couples Counselling...**  
**recreating your future together.**

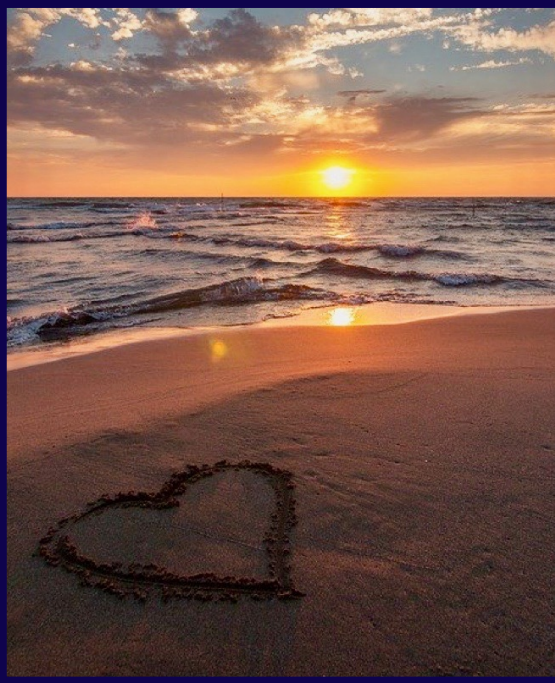
**Susan Joy Walters**

BAPsych/As.Studies, DipCouns, AdvDipTransCouns

Counsellor & Holistic Therapist

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Member - Holistic Therapists Australia Inc. 



## About

### Life Matters...

Holistic Counselling is a 'whole person' approach to wellbeing which accounts for the physical, mental/emotional, social and spiritual aspects of your life & experience.

I am a fully qualified Counsellor & Holistic Therapist providing general counselling and personalised specialist services for individuals and couples of all ages.

Kind regards

*Susan Foy Walters*

## Couples Counselling

### People change in relationships...

except when they don't. For couples experiencing relationship difficulties, it can be helpful to recognise that this simple truth often sits well with both parties. The fact is there are no 'perfect' relationships, however there are very many good ones. As the skills required to build and sustain such happy, healthy relationships can be learned, fortunately this means they're also available to us all.

### However your life is entwined...

and whether you're seeking assistance to preserve or to end your relationship, you can improve your communication and conflict resolution skills. You will also each gain greater self-awareness, along with a deeper understanding of your respective contributions to your current situation.

### You can recreate your future together...

through reflection, clear communication, open-heartedness and a commitment to personal growth. Forge renewed respect for yourself, each other, your past shared journey and all that which makes your union the success it's been this far. The good relationship you both desire already exists, in every moment.

## Methods

### Counselling & Holistic Therapy...

All strategies and techniques are selected to assist you in dealing with past, current or future life difficulties.

Such challenges may be; relationship issues, grief & loss, childhood trauma, workplace conflicts, depression, anxiety, stress, addictions, etc.

### Strategies and Techniques...

Include:

- ✕ Person-Centered Therapy
- ✕ Focusing
- ✕ Journaling
- ✕ Mindfulness
- ✕ Life Mapping
- ✕ Active Imagination
- ✕ Creative Expression

There are a wide variety of methods employed in Holistic Counselling to meet the diversity of needs presented by different people and their unique situations.

