

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) 

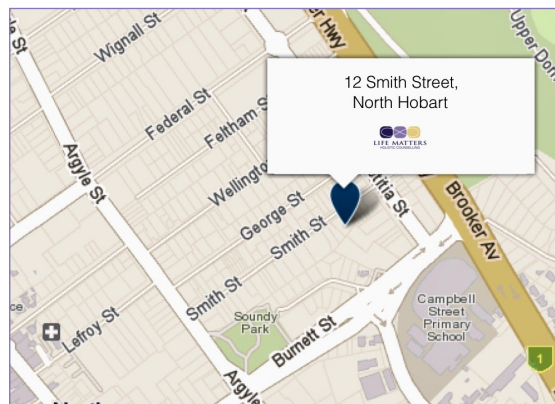


Life Matters: Holistic Counselling

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
w. www.counsellingholistic.com.au

Hours

Monday to Friday - 08.30am to 5.30pm



Grief & Loss Counselling...
finding a new way of being.

Susan Joy Walters

BAPsych/As.Studies, DipCouns, AdvDipTransCouns

Counsellor & Holistic Therapist

m. 0421 716 742
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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

Understanding Grief & Healing

Grief is a natural human response...

to the loss of someone or something beloved by you. It is an experience that involves your entire being and therefore which may affect your physical/mental and emotional health, social, environmental and/or spiritual worlds. Grief & loss can be triggered by many kinds of events such as, the death of a loved person or animal, divorce, separation, chronic illness, losing a job, relocating or children leaving home.

Mourning your loss is essential...

to the grieving process, as it enables you to continue growing with life rather than remaining numbed by or frozen in grief. The outward expression of your unique internal experience, mourning occurs as you cry, talk, write or journal, create rituals, join support groups or begin therapy to assist you as your experience unfolds.

Healing is possible...

however generally occurs over time. Your experience and therefore the time it takes to integrate your experience are unique. There is no fast track through grief and yet alongside a gradual acceptance of your changed situation, you will discover ways to return to living a full and meaningful life.

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.

