

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) 

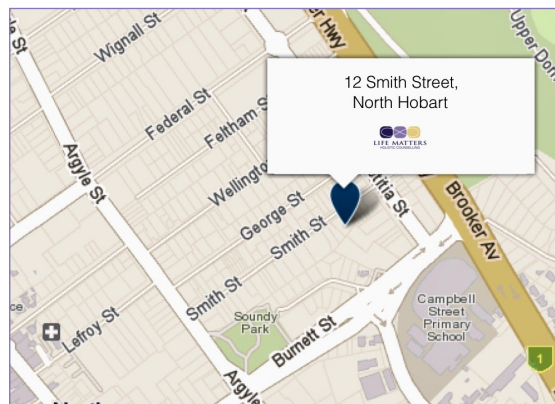


Life Matters: Holistic Counselling

Whether you've been asking where to
next or you know what you want but
would like some support to achieve it.

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

Location

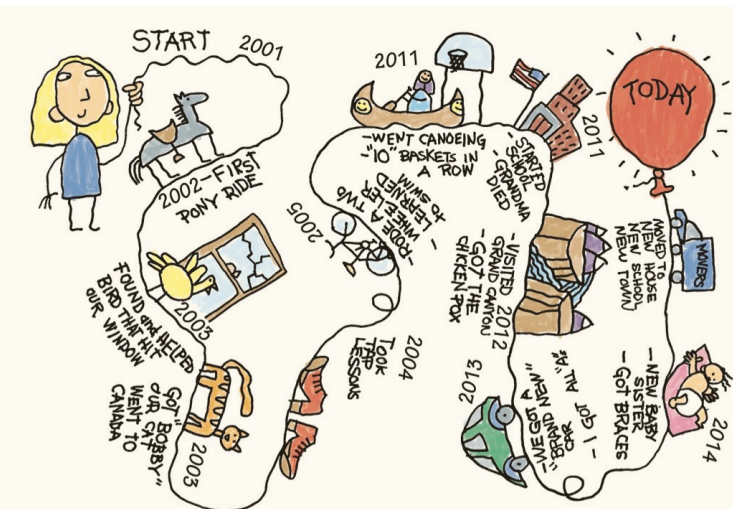


Contact

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



Life Mapping...
charting your future direction.

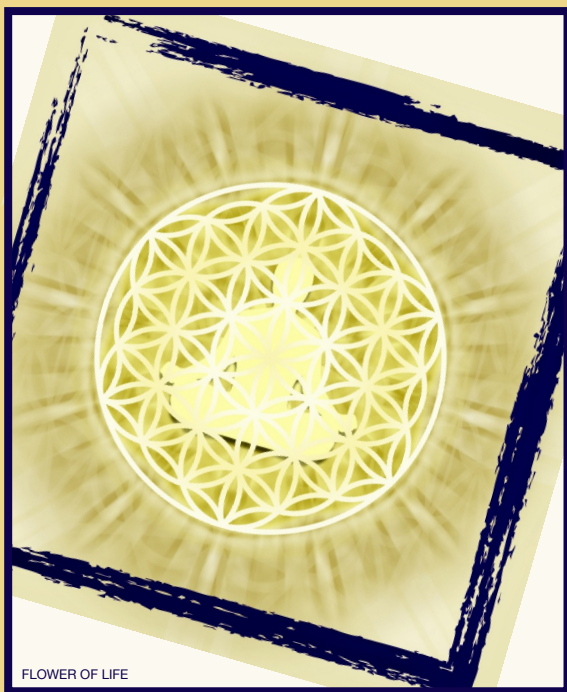
Susan Joy Walters

BAPsych/As.Studies, DipCouns, AdvDipTransCouns

Counsellor & Holistic Therapist

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w. www.counsellingholistic.com.au

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

About

Life Mapping...

Life Mapping is an empowering process. A facilitated journey of self-exploration, the aim is to enhance your understanding of yourself as an individual and the unique life path that you have travelled. It begins as a reflective process that will enable you to review formative periods or experiences in your life, and becomes a tool which can bring personal gifts to light and also reveal deeper life patterns.

Placing you in the drivers seat...

The conscious process of developing a Life Map will enable you to draw upon the wisdom and insight you've gained through personal embodied experience. In doing so, you are creating an opportunity to reimagine certain aspects of your life if necessary, which can then serve as a new beginning point from which to plan and ultimately create your desired future.

In every aspect of your life...

and from every experience you've had, you can draw both positive and negative inspiration. Remaining curious and optimistic about your whole life; physical, mental, emotional, social and spiritual, will place you on your path to happiness.

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.

