

## 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) 

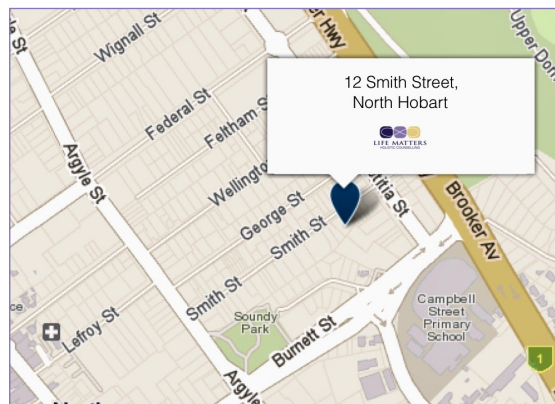


## Life Matters: Holistic Counselling

Many things can be done to ensure that  
your married life together is long, happy,  
fulfilling and meets all your expectations.

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



**Pre-Marriage Counselling...**  
**setting you up for life.**

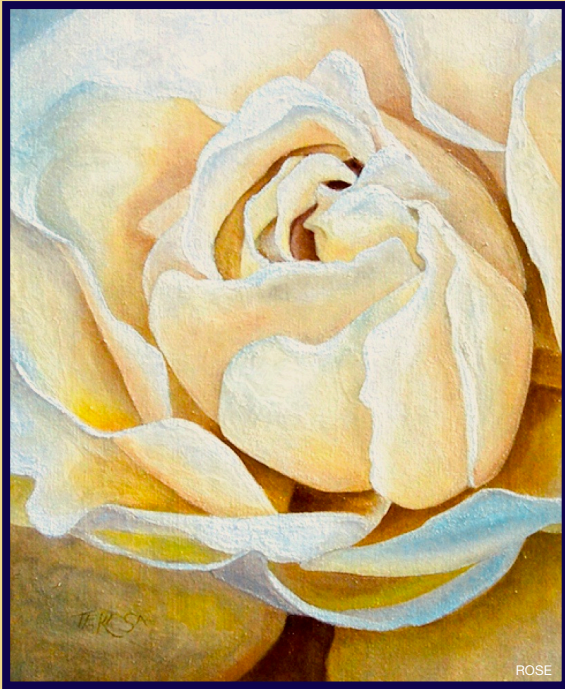
**Susan Joy Walters**

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*

## Why Pre-marriage Counselling

### You're getting married...

you love one another and you want simply to spend the rest of your lives together. Life before you met pales by comparison, while the road ahead appears rosy in every way. This is of course as it should be, in the early spring of romantic love... yet considering the summer, autumn and eventual winter of your life together too, will enrich your marriage through time in ways that surprise and sustain you both.

### Life can be surprising...

and many kinds of twists and turns may lay ahead. There are common marriage challenges like raising children, coping with extended family, work/life balance, financial management and the day-to-day tasks of life... and uncommon ones such as job loss, ill-health, death or other such sudden and unexpected life events.

### Together you create your future...

and it begins with a great foundation now. Learn how to positively resolve conflicts or issues that will inevitably arise throughout the course of your marriage. The better you each understand yourselves and one another, the stronger your union and ability to create the beautiful life you both desire.

## 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.

