

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) 

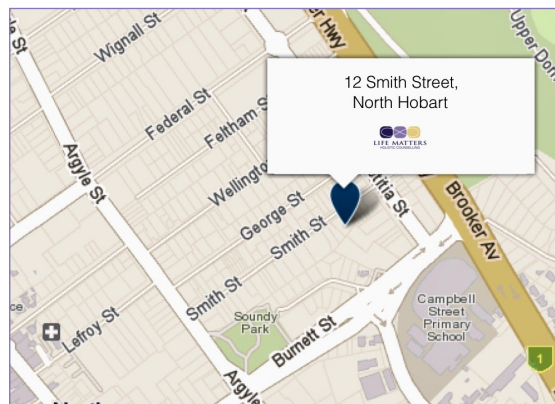


Life Matters: Holistic Counselling

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



Supporting you...
to create lasting change.

Susan Joy Walters

BAPsych/As.Studies, DipCouns, AdvDipTransCouns

Counsellor & Holistic Therapist

m. 0421 716 742
e. lm@counsellingholistic.com.au
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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 assessment services for individuals and couples of all ages.

Kind regards

Susan Foy Walters

How I Work

In the beginning...

Your first session (90 minutes) is a conversation about you. You will be invited to provide details about your family life, physical/mental/emotional health, social, environmental and spiritual worlds. This information is collected to assure a broad understanding of your circumstances. By the sessions end, we will have clearly identified your challenge/s and reached agreement about how to continue.

Through the middle...

All subsequent sessions (60 mins) are a continuation of our work together. You will be encouraged to complete practical and creative activities between sessions while supported to work at your own pace. All methods utilised are based on 'best fit' for you, to ensure that you leave each session with a sense of commitment and optimism.

To the end...

The overall aim of counselling is to provide you with an opportunity to continue living your life more fully and with greater satisfaction. I am committed to assisting you to the best of my ability, in ways that respect your values, personal resources and capacity for self-determination.

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.

