Truely Holistic Work

Counselling, shamanic work and plant medicine can all be used individually to work with a variety of mental health issues. They also fit togther seamlesly to unearth, understand and clear the somatic experiences left in our bodies, helping us to recoonect with ourselves

Here, is an invitation to work with a single modality or a combined approach. Everyone is different in how they need to work and you will understand your needs better than anyone.

My background is Buddhist. Spending many years practicing and volunteering within Triratna in Brighton, Callander and Bristol and I have a regular practice. I trained to degree level in mindfulness-based approaches, and use these practices in our sessions so you can become familiar with them.

My shamanic training started around the same time. As I was meditating more, the sense pathways were opening up to non-ordinary realities. I was lucky enough to find great teachers both here and in spirit, that were able to hold this opening, and help me channel and learn the skills that come with it. I will use these techniques to help clear your energy fields, and teach you how to maintain them.

Working with plant medicinces safely can offer a great depth to understanding your mental and emotional patternings, and support reconnection. Understanding what you have experienced can often take time, and make need abit more support. I have many years experience working within these

medicines, and am able to support you, and help to intergrate the experience. I am a member of the Institute of Psychedelic Therapy Uk and am studying towards a Certificate in Psychedelic Assisted Therapy.

Newly diagnosed AdHd

There is a spirtual component missing in the new diagnostics, around the higher frequencies that need to be grounded in, to be worked with effctively. Working with your own authenticity, away from the need to follow , we can look at how this is currently manifesting, taking into consideration all aspects without the need to cancel any part out.

Ptsd and Cptsd

Both of these have similar componets that can be worked with, within a single modality or combined. These patterns can run within your ancestral lines or directly from this life. It will take time to understand what is needed so I would invite you to be in a postion to give it space but get intouch if you are feeling called and we can work it out togther.

Safety

I have worked in service as a mental health nurse for over 25 years. I currently work as a volunteer counsellor with Mind in Somerset, and am happy to look at any aspect of your mental health or new diagnosis. I am able to hold you safely as you explore, but it is important that you are able to support yourself outside of the sessions.

I am fully insured and supervised

Doing this work will be clearly evident in how you feel, and also in how you present to the world.

About Me

25 plus years work in mental health

NMC registered (RMN)

Diploma in Addiction Studies

Degree Mindfulness Based Approaches

FdA Integrative Counselling Study Fully Supervised and BACP registered

Warrior in the Heart: Shamanic Practioner Training

Second Sight Healing: Shamanic Based Approaches to Healing.

The Sacred Trust: Compassionate Depossesion

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