

Deep Listening

The foundation of psychological healing work is the bond that develops between client and therapist. Through deep listening and empathy, the client feels held and supported to gradually open protected layers of their psyche, bringing to loving awareness previously unconscious parts of themselves.

Emotional Freedom Technique

This is a powerful healing practice in which the client is guided to "tap" a series of points on their body while giving voice to the state of inner tension they are experiencing. The tapping is a direct way to access and untie the knots created in the emotional body as a result of "poor emotional digestion". Through this practice, one can heal trauma in the psycho- somatic body and free stubborn conditioned patterns of thought and behavior.

Meditation

Shamatha / Vipasyana is a non- religious meditation practice in which one centers oneself in the breathing, discovers the quality of authentic presence, and eventually opens up to the deeper nature of reality. The practice can also be used to center oneself in one's emotional state, leaving the domain of the intellectual mind and allowing the feeling to alchemically transform through presence.