

Caring for our Emotional Health

Client Resource List



How we think about ourselves, how we handle stress, social media, financial stress, relationships and raising children, are just some of the things that can send our emotional health into a downward spiral. It's normal to have difficulties in life, but sometimes we struggle to pick ourselves up again, and instead, just soldier on, pushing our thoughts and worries down, pretending they don't exist.

Having resources to turn to when you feel you need a little additional support in the self-care department can be extremely valuable, and this is why I have put together a resource list of practitioners that I have a personal connection with, and feel comfortable recommending. All are holistic and not the run-of-the-mill psychotherapists.

I cannot stress enough the importance of addressing negative self-talk or suppressed feelings of guilt, worry, or dismay. Releasing these beliefs and thought patterns may be some of the most uplifting and life changing things you could ever do for your health. The physical impact of negative self-talk and pushed down emotions, on your health, is much greater than you may realise. Addressing emotional health along with diet and supplementation, will give you the greatest chances of success in reaching your health goals.

Uplift Mindset with Naomi Dent, Hypnotherapist & NLP Master Practitioner

Naomi specializes in helping her clients uncover the true, hidden reasons behind their issues, and move past them. She is passionate about helping clients achieve healthy weight, after growing up as an overweight teenager in an obese family. Her motto is "You can't hate yourself thin".

In her work with clients, she uses a multidimensional approach, helping them to calm their nervous system, understand their triggers, and create an open communication between their Body and Mind. They also learn tools and techniques to use every day that enable them to deal with life and make healthy choices without stress.

Our cells know what to do and will naturally heal and achieve balance if we allow them.

Website: www.uplifthappinessproject.com

Email: upliftinquiries@gmail.com

Phone: Ph 0407 705 407

Food, Fear & Freedom with Lisa Wells, Emotional Eating Therapist, Adelaide Hills or Online

Lisa provides the tools, strategies and techniques to help you overcome exactly what has really been holding you back from achieving your weight loss and fitness goals, and how no matter how hard you exercise or how many diets you try... if you don't change the habits, patterns and beliefs that are running in your subconscious mind... you may never see the results you have been longing for.

Lisa has lived through her own personal experience of overcoming food addiction and was stuffing down emotions with food. She learnt to re-connect to who she is and not the hectic thoughts that were running her. She was able to build a foundation of inner strength that she can now rely on instead of outsourcing the job of emotional rescue to food.

Services: 12 wk program with daily support, accountability and additional one-on-one weekly support, to help you get your eating habits back on track for good.

Website: <https://lisawells.online/>

Email: lisawells.wells@gmail.com

Contact: Ph 0407 678 780

Costs: \$79 initial consultation, then weekly fee of \$10 per wk for 12 weeks in the daily support and accountability group. Subsequent 30 min one-on-one consultations are \$49

Radiant Life Centre with Gail Glastonbury, Emotional Health & Wellbeing Coach/Practitioner, Underdale

Radiant Life Centre provides a safe environment for clients to understand and develop their emotional intelligence.

Gail is an accredited Journey Practitioner, a RAW (Resilience at Work) accredited facilitator and an Emotional Health and Wellbeing Coach. She uses a range of resources including aromatherapy, energy balance, crystals, and NLP techniques to support her clients to have a healthier outlook on themselves and life. Gail supports her clients to feel happier, more energised, to express themselves more authentically and enjoy the freedom of being in the moment.

Services: one-on-one consultations

Costs: Initial appointment \$90 for 90mins; 4,6,10 session programs available at a discounted rate.

Email: gailbabycasey@gmail.com

Contact: Ph 0412 977 893

Happy Cactus Holistic Counselling & Coaching with Chris Brouwer

Sometimes we are perfectly well; yet something feels missing. Sometimes life feels like it's too hard: you've tried everything- yet nothing seems to work as well as it should! Perhaps it's time to look within for the answers... that's easier said than done!

As a qualified (PACFA Registered) Holistic Psychotherapist, it is my joy to facilitate vibrant transformation. I call it 'Cultivating Connection through Creative Conversation'. The primary connection being with Oneself. My work is offered by invitation and referral only and entirely bespoke to your situation. It's best we have a brief conversation before your first session, to see if we are a good fit to work together and to answer any questions you may have about the way I work.

With a background in Science, Nursing, Teaching and Coaching: I'm no stranger to the human condition and, (in addition to being one myself), I've had the opportunity to study and work with people in a great variety predicaments. I look forward to meeting you if Irene feels you may benefit from seeing me.

May you be well...Christopher Brouwer

Contact: Ph 0408 854 346

Donna Hosford, Clinical Psychologist, Specialising in Psychological Services for Children, Adolescents & Families, Belair

Donna is a highly experienced Clinical Psychologist, who has worked in Canada, South Africa, Sydney, and Adelaide, in public mental health settings, private and government school settings, general practice, hospitals, and private clinics. These roles have helped her develop a unique perspective on the discipline of psychology and a better understanding of the numerous challenges faced by individuals and families today.

Donna has a strong commitment to the delivery of high quality, holistic and evidence-based psychological services, to achieve the best possible outcome for clients. Her services are under high demand, so please book in advance if you feel this service is right for you.

Website: <https://www.donnahosford.com/>

Contact: Ph 08 8463 0874

Costs: Medicare rebates available with GP Referral with a gap payment approx. \$75 (50 min consult)

Empower your Life with Penny Tonkin, Access Bars Practitioner & Personal Coach, Lower Mitcham

Would you like to create your life of your dreams? You can achieve anything you desire with the right mindset and resources. Penny will inspire you to create and live your purpose, allowing you to break free from your thoughts and live life to your full potential.

The Bars® do amazing things for you and your body. All it takes is an hour to hour and a half, and you feel different. It can remove so much going on for you energetically; You may have had head chatter and all of a sudden your head is empty, no noise or talk.

Having your Bars® run can give you better sleep, increased relaxation, reduced pain, trauma, anxiety, depression, ADD, ADHD, PTSD, OCD, just to name a few things.

Online: <https://www.facebook.com/PennyTonkinCoaching>

Email: pennytonkin@gmail.com

Contact: Ph 0409 695 365

Equine Partnered Therapeutic Process™ Willow Vetch, Oakbank

Partnering with horses in a therapeutic way, creates positive physiological change in the body and offers the mind a safe, supportive, non judgemental experience of acceptance. It can lower stress levels and reduce feelings of tension, anxiety and anger. A horse's inherent gentle nature, curiosity, and desire to work within a herd or community, will cause it to seek connection, even with people. Yet unlike most adults who have been socially trained to form judgements, and think in terms of "right and wrong", horses only reflect the truth of the present moment. As a result, working with horses can shine a spotlight on the key factors preventing you from living your best life, and offer you opportunities to embody and implement positive change, the effects of which are immediate.

Online: <https://www.facebook.com/UnbridleYourPower>

Email: willowvetch@gmail.com

Contact: Ph 0428 844 226

Costs: 60 - 120 min sessions (individual and/or small group) \$150-250. NDIS approved.