

AFTER APPOINTMENT CARE

* Be gentle with yourself and rest as you may feel physically, mentally and/or emotionally tired.
* Be aware of a possible “healing crisis”, that is, symptoms, emotions, behaviours may increase before they decrease.

*Please call me on 0406 332 108 if you are concerned.*

*If I can not be reached and you require instant assistance please contact your GP, a loved one or support person, Mental Health Line 1800 011 511, Lifeline 13 11 14, Beyond Blue 1300 22 4636.*

* Please do your “homework” as this will help integrate the session. If you have any questions or confusion about what is required please call or text for clarification.
* You may feel confused or not able to recall what happened during your appointment. This is ok and very common. It is not necessary to mentally recall what occurred as your body and psyche retain the experience for you. So try to quiet your mind and relax into the process.
* As a guide the best treatment plan is a minimum of 3 appointments spaced 3 weeks apart.

*Often after 2 appointments people start to feel better and stop treatment, however, they often return some time in the near future to readdress the original presenting issue (or something quite similar). My explanation for this is that “feeling better” is actually a return to their baseline, “normal”, way of being but real, long lasting transformation has not yet occurred. The stress response has abated, mood has improved and symptoms diminished so all seems well. However, on a deep, core level the original wound, belief system, or pattern of behaviour is still there dormant waiting for the next trigger to bring it to the surface again. This is why I offer a 3 treatment plan discount to encourage more than 2 treatments.*

* If anything else arises that I have not addressed here please call or text me to discuss.