

## SPECIALITIES INFORMATION

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Treatment areas of expertise and specialities include:

- **Anger Management** – whether it is anger or rage, I work with clients to establish a healthy alternative reaction or behaviour to the anger. It is not about getting rid of or eliminating your anger, but to look at the anger head-on. Anger is an emotion that can benefit and promote volition, and thus it is helpful. However, unhealthy anger manifests as rage and hostility towards the self, other and object, which can be healthily channelled through meditation and relaxation.
- **Anxiety or Fears** – whether it is generalised or specific anxieties or fears, I work with clients at various level of emotional distress depending on the individual preference as to which therapeutic intervention based on the body, feeling or mind identified person.
- **Body Image** – regardless of its origin, body image has a significant effect on our confidence. I work with clients to explore the nature of the body image, reassessing the ideal/healthy body image perception and
- **Borderline Personality Disorder** – whether it is traumas, abuse, neglect or attachment issues that were at the root of the borderline personality disorder, I work with clients to identify moods disorder, negative self-image, personality split and other related symptoms to uncover the original unresolved trauma.
- **Depression** – through currently working at [No. 22](#), and whether it is a manic or acute episode of depression, I work with clients to improve mood swings, increase energy levels and somatic movement through an exploration of various life position to find the reasons for your loss of interests, hopeless feelings and displeasure.
- **Divorce** – separation through a divorce is never easy, and the emotional impact within the family can be overwhelming, I work with clients by providing emotional support and a safe space for reflection on the relationship ending through and the divorce process.
- **Forgiveness** – this solution-focused method helps many clients to forgive their Self-Betray, which eventually lead to forgiving others.
- **HIV/AIDS** – through experiences working as a counsellor at [TVPS](#), I work with clients living with HIV/AIDS through acceptance, self-analysis, lifestyle changes and behaviour modification.
- **Hypnotherapy** – whether you want to tackle a specific goal, or generally for relaxation, I work with clients using hypnosis as a therapeutic intervention as hypnotherapy alone or with NLP, CBT or regression toward Inner Child Works. Hypnotherapy can help alleviate emotional and physical pain, as well as improving self-confidence and body confidence.
- **Impulse Control Disorder** – whether it is an excessive, self-destructive or self-defeating behaviours, I work with clients to identify the problem behaviours and the compulsivity the control or lack of control using behaviour modification and cognitive techniques to address the impulse, desired and unmet needs in healthy alternative behaviours.
- **Infidelity** – whatever the circumstance that you find yourself in the situation of promiscuousness, I work with clients to explore behaviours and action tendencies towards acting out unfaithfulness and review the emotions, feelings and thoughts surrounding the infidelity.

- **Loss or Grief** – through experiences working at [Florence Nightingale Hospice](#), I work with clients through grief, loss and bereavement and ending.
- **Personality Disorder** – I work with clients to address the personality disorder by reviewing the personality and its component parts, and traits by allowing those parts to express its unmet needs and wants through psychological evaluation and reviewing own judgment using inner dialogues.
- **Psychosis** – whether you have a unique set of symptoms or experiences, talking therapies and behaviour evaluation can help support clients with identifying hallucination, delirium or distortion by assessing their triggers.
- **Relationship and Marriage Counseling** – whether it is working individually or as a couple, I work with clients to encourage open communication, rapport and dialogue by assessing the needs and wants in the relationship.
- **Self Esteem** – whether it is for self-improvement or individually for a particular task such as public speaking or presentation, either talking therapy or hypnotherapy can help improve self-esteem.
- **Social Anxiety** – whether it is a mild form of social anxiety or severe fear of a social situation or disorder, I work with clients to establish the social position which triggers the anxieties and stress using talking therapy or hypnotherapy to help alleviate negative judgement or rejection in social engagement or group.
- **Social Isolation** – whether it is loneliness through retirement or isolation, I work with clients to promote positivity to identify the circumstance of the separation from self, others and the world.
- **Spirituality** – whether this is for self-improvement or personal development, I work with clients to establish their connectivity and relationship with spirituality, which may or may not include religion. Psycho-spiritual work is a deep and meaningful self-analysis of being in balance with oneself and the universe.
- **Stress** – whether this is mild or acute stress, I work with clients to identify triggers to the stresses using cognitive behaviour tools such as CBT/REBT and various forms of relaxation applications such as hypnotherapy, meditation and mindfulness.
- **Suicidal Thoughts** – whether you are active or proactive with your suicidal tendencies or thoughts, I work with clients to help explore your suicidal feelings, self-defeating behaviours, and action tendencies. Through working with the [Samaritans](#), I work with clients to assess their suicidal tendency.
- **Thinking Disorders** – whether it is the distorted belief system, rigid mindsets or negative, self-criticism, I work with clients to identify and reality check the beliefs, mindset and perception to isolate the causes of paranoid, delusion and hallucinations.
- **Trauma and PTSD** – regardless of when the trauma was first sensitised, it can seem real and recent. I work with clients to assess the severity of the trauma and the intensity of the emotions. I help clients to manage their trauma and PTSD through relaxation, mindfulness, hypnotherapy, NLP and EFT.