

# THE THERAPY INFORMATION SHEET



## Mission Statement

I am passionate about supporting others heal, transform and find inner peace by working through life experiences such as grief and loss, trauma, divorce, eating disorders, addiction, depression and anxiety. I help heal painful emotions and traumas by working with the emotional, physical, spiritual and energetic bodies through a variety of alternative modalities to get to the root cause of the presenting symptoms.

## Counselling

**Dip. Couns. M.A.C.A. [Australian Institute of Professional Counsellors]**

Supporting women through life experiences such as grief and loss, trauma, divorce, eating disorders, anxiety, depression and addiction. Soo is a congruent, compassionate, trauma informed and empathic woman who provides an accepting, supportive space in which clients are able to feel non-judgementally heard and safe to express themselves. Her communication skills and ability to build trust and rapport are excellent and have been developed over a lifetime of working with and alongside horses.

## ThetaHealing® [Basic, Advanced, Dig Deeper, Intuitive Anatomy Certifications]

ThetaHealing® can reprogram limiting belief systems, resolve emotional blocks, trauma and long-standing dilemmas. It can release long-held negative thoughts and emotions, physical ailments, heal chronic pain, habits, addictions and phobias. ThetaHealing® is a spiritual, healing, meditative, fully conscious technique conducted with Soo in a theta brainwave state, in which brainwaves are slowed to a deeply relaxed mode. It works with advanced science, quantum physics and the movement of energy, atoms and physical particles that allow the body to change/heal. Since we are made of energy, we can use energy to change ourselves for the better.

## Root-Cause Therapy [Certification Levels 1 & 2]

If you experience negative self-talk, want to shake unhelpful habits and behaviours, or are plagued by PTSD, anxiety, depression or low self-belief, Root-Cause Therapy can heal these at a deep level where real, long-term change is possible. Soo facilitates deep emotional healing by helping people get to the root cause(s) of their current presenting symptoms, and heal painful emotions and traumas rather than just treating symptoms. Root-Cause Therapy focuses on finding and healing the cause of your current symptoms using guided imagery, breathwork and a reconnection to your true self through structured and professional sessions.

## Equine Therapy [Australian Equine Facilitated Learning (L1&2), Centre for Equine Experiential Learning & more]

Equine Therapy can be an extremely powerful experience in which shifts in both conscious- and subconscious-ness can occur. With their massive resonant surfaces for receiving and responding to emotional information, horses co-regulate our nervous systems therefore helping, supporting and rebalancing us. Scientific research has proven that being in close proximity to horses changes human brain wave patterns and heart rate! Their awareness of energy draws them to discordant aspects of ourselves and through both your own awareness and Soo's facilitation and intuitive guidance big change is possible

**More info : [www.soowoods.com.au](http://www.soowoods.com.au)**

**\* Soo does not provide a substitute for medical advice**

B.Sc., First Aid, Mental Health First Aid certificate, Certified Ho'oponopono Practitioner, Trauma Informed, Working with Children Check, Member International Institute of Complimentary Therapies, Australian Counselling Association and Australia Counselling Directory, Insured