

CLIENT 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.

About Soo B.Sc., Dip. Couns. M.A.C.A.

I find myself when in nature, and in particular with my horses, and I love nothing more than to share this special space with others for their benefit. My life has been full of 'stuff' which has offered opportunities to grow and evolve, resulting in compassion and wisdom with which I support others. The 'stuff' includes, but is not limited to, divorce, grief and loss, trauma, eating disorders, single parenting, business ownership, addiction, suicidal ideation, exposure to the legal and prison systems and spirituality. I am trauma informed and ever keen to expand my knowledge base and ability to help others. I am professional, experienced, insured, working with children and police checked and also hold First Aid and Mental Health First Aid certificates.

What a session with Soo looks like

No two sessions are ever the same, as each is guided by a client's needs at that time. As a guide, sessions usually start in the client room, even if the intent is to move out with the horses for the body of the session. This provides the opportunity to relax and clarify the purpose and expectations for the session.

You may come with clear desires about which modality(ies) you would like to work with (Equine, Root-cause, ThetaHealing®, Counselling). Or you may not, in which case Soo can assess what she believes will be the most supportive approach for you. If time is spent with the horses you will be guided step by step. No prior experience with horses required.

The bottom line is that the session is all about YOU and you will remain in control of the direction we take.

Fees		
	• 50min 'Are we a match?'	\$110
	• 50min	\$143
	• 1hr 20min	\$198
	• 1hr 50min	\$253

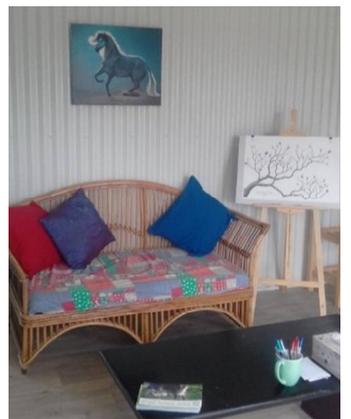
Cancellation Policy :

Out of respect to both myself and other clients who may have wanted your appointment, where possible please provide at least 48 hours notice if you need to cancel/reschedule your appointment.

A cancellation fee of 100% applies for cancellations made less than 24 hours in advance, or in case of a no-show.

Location & opening hours

- "Eureka Pines", 674 Nowra Road, Moss Vale NSW 2577
- Tues – Sat (incl) 10am-5pm (please check website for current times)



A \$50 non-refundable deposit is due at the time of booking.

Payment Options : Cash, Direct to Bank, Credit Card

Personalised pre-paid packages available on request

My Promise to You



- ♥ I will provide a safe, confidential and supportive environment in which you can feel able to express yourself however you need.
- ♥ I will support you with compassion, will hold space through unconditional love and will never judge you. You will never have to worry about guilt, shame or failure with me.
- ♥ My aim is to empower you to achieve long term changes that are right and appropriate for you as an individual.
- ♥ My desire is to help you heal as quickly as possible. As the time needed for this is different for every one of us, I will not suggest a time frame in which this may occur.
- ♥ I will always be honest with you.
- ♥ I will always respect your wishes and needs.
- ♥ I will do my very best to understand you as an individual.
- ♥ You hold the power to change your life. You are 100% responsible for you. I cannot do the work for you ~ but I can guarantee I will be there to support you every step of the way.

Qualifications

B.Sc. Dip. Couns. M.A.C.A (Level 1)

Root-Cause Therapy ~ Level 1 & Level 2

Diploma of Counselling ~ Australian Institute of Professional Counsellors

Equine Therapy ~ Australian Equine Facilitated Learning (Levels 1 & 2), The Centre for Equine Experiential Learning, trainings with Greg Kirsten of OK Corral, Leif Hallberg, Equine Connection Equine Assisted Learning

ThetaHealing® ~ Basic Certification, Advanced Certification, Dig Deeper, Intuitive Anatomy

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

