Holistic Counselling especially @ Counselling & Wellness Centre applied by Aluschka v Heerden may help you In the following ways and more (*not only limited to the following*).

* Gain (harvest) greater self awareness and self acceptance as well as **self esteem**, self confidence & related aspects.
* By having a more peaceful/harmonious, centred approach to life **as well as respecting others, self preserving an environment of empowerment, within your e.g. personal/social/working environments as well as etc.**
* Experience greater health and vitality (through e.g. Lifestyle (nutritional) changes etc, another example could be to participate in recreational activities etc, having goals; (underlyingly emphasizing motivation), e.g. organizing time scheduling etc.
* Meet your inner potential & talent, as well as new talents, improved, joyfully.
* Improve e.g. emotional well being and past/everyday demands. Improved focus, and energy 4 living etc.
* Develop a deepened sense of **spirituality** as well as introspection, reflection & belief/believe etc. (Which could be translated to other contexts as well). An applied example here (with reference to the former) could be within sessions if a client/person/s in therapy would like then the Counselling Therapist (**CT**) could do a prayer. **Please note @ Counselling & Wellness prayers could be performed from different religious perspectives, centred around the person/s Religeon, a special feature/effect especially from Counselling & Wellness; Counsellors within a non-conventional (traditional) paradigm has this view which is a practical alternative to mainstream (conventional) psychologists/modernisms medical model, not thinking about/considering context/s holistically of a person unique,on the whole.**
* A greater ability to cope with all sorts of traumas such as death, divorce and abuse etc, as well as growing through it**. (**Managing coping skills are also an importance, regarding especially psychological sustainability, which can only be attained (successfully) through holistic views on e.g. specifically Wellness (as approached by Counseling & Wellness centr) to be effective, applied to e.g. Longevity, effective communication & more).
* See and feel an enhanced feeling of optimism & **self esteem,**improved social skills, **active** listening skills, communicative abilities & related, as well as many, many more benefits all together collectively!

Within practical realms of multicultural relevancy Holistic Counselling (**HC**) done by specially qualified Counsellors Registered @ the **THOS.A**is more effective than **in comparison to e.g.**conventional/reductionist counselling (latter contrasting holism) applied by **E.G**experts (dealing with the mind etc alone/in separate categories, not considering soul) within scientific fields /analytical dogma such as clinical **psych**ologists, counselling **psych**ologists, educational **psych**ologists, Research **Psych**ologists, Industrial **Psych**ologists, **psych**iatry, medical doctors etc, (homeopathy (non-conventional) & related excl). Theformer holistic counsellor therapies are **gentle** compassionate forms of **therapies** that may help you help yourself when you feel the need for support or assistance, in the short/longterm sustainably.

Another special close to concluding tip do not focus/treat symptoms (or **the mind  (psychologically) through theoretical therapie**s) only/**alone**, treat causes & symptoms (as well as considering context, e.g. culturally, historically etc) through holistic therapies (**body - soma, mind (psychoL/Psyche; NOT SOUL) and soul - spirit**) especially offered @ The Counselling & Wellness Centre, open **4 everyone to re-connect body, mind & soul!**

***Make an appointnment today by calling Aluschka @ Counselling and Wellness Centre  Pretoria East South Africa  personally /directly on her cellphone 082 222 9896 / on satellite phone 012 772 4056 & learn which multimodalities mentioned throughout this page especially will suit your /your loved ones specific needs, create an environment for Self Healing / Self Preservation  (SH/SP) by not only treating e.g. clinical symptoms/the disease/s, email us today by clicking on the following link:******info@counsellingandwellness.co.za******. Sms's welcomed as well, all hours, weekends incl.***