* Psychotherapy/Psycho**therapies**:  Techniques may be used as part of a holistic approach/analysis  to counselling by a counsellor trained within a broad scope of practise (regarding holistic methodologies**). Psycho-**therapists believing in a holistic paradigm (framework) **facilitates** clients to explore as well as discover the subconscious & unconscious aspects of the self or /& **personality overall** @ different levels considering various **context, e.g. reliefing/controlling anger issues working on the underlying problem/s,**as well eg. Spirituality as well as etc.
* Mindfulness originally is a meditative process that allows an individual to view their own **thoughts & behaviour**from a compassionate (or less closely related) perspective & through this they learn to handle/control/better control their emotions; as to **how & why. Mind**fulness  & **Meaning**fulness (**MM**) training/coaching (to name a few) is given to **our** clients all ages to help facilitate (**HOLISTIC/WHOLISTIC**)**self therapy to manage past & present problems (leading to stress/effects of these on the wellness of the; body (PhysioL)/(PsychoL) & soul (SpirituaL), through e.g. Coping skills/strategies/techniques etc learned from the sessions, insights into finding solutions if possible, after therapy ended as well.**Focusing is a specific technique that emphasises focusing on a felt **body sense/emotion** & listening to what it has to "say." Many other techniques **applied especially @ Counselling Wellness centr**with different names follow similar systems of **body, emotional awareness (psychol) & spiritual (soul) existence**, filling circles regarding holistic wellness on the whole overall, diversely different in comparison to conventional practitioners scope of practice/way of doing therapy on clients.
* Art therapies are also sometimes used for therapeutic purposes, to enhance creativity and/or explore the subconscious as well as unconscious **mind; (Psyche, which does not mean soul),**however holistically body & mind as well as soul is dynamically considered as well **especially @ Counselling & Wellness Centre.**
* Hypnosis/es and/or meditation /(auto hypnosis) is sometimes used (**@Counselling & Wellness Centre)** to explore deeper levels/areas of consciousness as well as freely associations/ free associations, to e.g. harvest a sense of purpose/meaning/appreciating little/ big things in life/increased energy in life, build better/new coping mechanisms, improved support structures e.g. friends, family, improve body language/attitude, venting/ defusing, trauma containment **ETC.**
* **Only Combinations of** Psychonetics/Psychonetica, from bio-psycho-social approaches.
* **Only Combinations of** Psychophonetics/Psycho**sophy** from bio-psycho-social approaches **ETC**.

*(Please note conversion/aversion/reparative therapy is****not available @ Counselling & Wellness Centre).***

**Please see the about us segment for more detail, regarding the above bullet-points especially & more beyond scope.**

*For some of the integrative (multidisciplinary/complementary/alternative) medicinal techniques not necessarily  applied by Counselling & Wellness centr, (normally****depending on clients context/s/problem/s****) click*[***HERE****.*](http://www.kwikweb.co.za/sol/photos/Counselling%20&%20Wellness%20Therapies%20Cont.docx)

The above bullet points & many other interesting and helpfull techniques (**depending on clients problem/s)** are employed specially @ the Counselling & Wellness Centre by **Professional** Psychological /Holistic Wellness Counselling Therapist Aluschka v Heerden. Together with this, the emphasis is on  **holism** which is always focused on facilitating self discovery as well  as **self healing, through self preservation creation, by using natural alternatives, i.e. Combined Psychological Techniques (CPT) / Herbal Tinctures  (if choosing holistic wellness option offered), as other options @ Counselling & Wellness centr are also very effective. Holistic** counsellors (in comparison to conventional specialists) enter into an interpersonal partnership with a client & assist them in accessing their own inner wisdom rather than imparting wisdom, knowledge or direct healing. Speciali**z**ed Guidance (**SG**) is given & insights are gained through **shared**  & **complementary** knowledge & wisdom as well as advice from the **trained-therapist, with a holistic life philosophy, emphasizing a broad scope.**Learning to live with problems (as well as dealing with them) are important because problems can get worse; building resiliency through all the above & more is of critical imperativeness. One should be **mindful**in gaining **meaning** from life's events/experiences as a single same event will not affect each one of us the same, & **simply forgetting about it/not thinking about it is difficult/more than often times impossible.**Dont necessarily focus on overcoming problems big/small, learn to live with what life troughs @ you, contact us for light @ the end of the tunnel, the road towards **holistic wellness 4 self preservation,**because problems affects us on various levels diversely, holistically speaking.