

Energy Psychology

Traditional psychotherapy uses the power of speech to transform emotions. Through talking about your feelings, experiences and struggles, you are often able to come to a better understanding, develop new ways of viewing things, and begin to consider new alternatives. However, discussion alone, does not have the power to significantly change your deep core beliefs.

Energy Psychology techniques act deeply to help release emotional blocks, foster healing, change emotional patterns as well as disruptions in the energy system. These techniques can bring complete balance within a disturbed internal pattern and virtually "re-wire" the inner world.

Therapies include such as Emotionally Focused Psychotherapy, Focusing, EMDR, Thought Field Therapy and Imprint work.

The Body's Wisdom

Body Psychotherapy presupposes that the body can hold memories which lie deep within the subconscious. Healing takes place when the body's unconscious contents is released & brought to conscious awareness for processing & insight.

I use the wisdom and resources of the body to heal mind-body symptoms and health problems whilst reversing the effects of psychological and physical trauma. One technique, Somatic Experiencing (SE)™ is based on resiliency responses to threat and provides gentle yet powerful interventions that I incorporate into my therapy.

Compassionate & Holistic Solutions

Kaz is a qualified holistic counsellor, hypnotherapist (incl. regression work) & clinical psychotherapist using a mind-body-spirit approach.

I am qualified in all aspects of psychotherapy which allows me to utilise methods which best suit the client rather than the client fitting into a standard treatment. I utilise evidence-based interventions such as Cognitive Behaviour Therapy, as well as psycho-dynamic, somatic (body-based) therapies and positive psychology. My foundation is Buddhist psychology. I also integrate mindfulness and meditative techniques so clients can progressively gain more self understanding, clarity & choice in response.

And for those who are ready, I offer a bridge for personal transformation beyond Self using Transpersonal Psychology. My specialties include:

- Depression, Anxiety, Panic, Phobias
- Relationship/ Couples / Family Issues
- Finding Meaning and Purpose
- Enhancing Self Esteem, Self Confidence, Motivation, Performance.
- All aspects of Abuse
- Sexual Issues
- Addictions: Smoking, Drugs, Gambling, Food etc
- Impulse Disorders: Shopping, Sex, Internet etc
- Weight Loss

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Psychotherapy: The Art of

Diving Deep



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My Psychotherapy is not just counselling



Psychotherapy and Counselling are professional activities that utilise an interpersonal relationship to enable people to develop understanding about themselves and to make changes in their lives.

These therapies may involve work with current problems, immediate crisis, or long-term difficulties.

The focus of Counselling is more likely to be on specific problems or changes in life adjustment—like swimming on the surface.

Psychotherapy is more concerned with the restructuring of the personality or self i.e. *diving into depths of the unconscious*. The work is much more intensive and life changing! I am both a qualified counsellor & psychotherapist.

The first steps

The first step to recovery is actually admitting a problem needs to be dealt with. Your self-reflection and ownership are crucial in overcoming any kind of difficulty.

Once a problem have been identified, there are many remedies. Simply swallowing a pill will overcome insomnia, for example, but not deal with the root cause.

Psychotherapeutic approaches to mental stress or anxiety go further into helping you understand the nature of your problems and provides tools to overcome them, let them go or transform them.



A Buddhist Influenced Approach

Buddhism and psychotherapy share a common ground of concern with suffering and the means of relief and release from suffering.

People seek therapy because they are suffering -- from painful emotions, thoughts, relationships & experiences. Anxiety, stress, depression, anger, guilt, shame, frustration, boredom are all forms of suffering. Clients, like Buddhists, want relief and release from their suffering, and a chance for some peace and happiness in life.



From the Buddhist view, suffering is not caused by external, traumatic events, but by qualities of mind which shape our perceptions and responses to events. Accordingly, happiness is not to be found in the outer, social world, but in a transformation of mind which generates wisdom, tranquility, and compassion.

Suffering (stress) is nothing more you judging, resisting, struggling with, and attempting to control experiences that are painful, scary or threatening.

I use a range of Buddhist inspired practices to alleviate such mental and emotional suffering which include insight and mindfulness meditation practices, as well as practices in compassion and loving-kindness meditation.

I have a strong commitment to empowering you, the client, to become aware of the way you create your own mental suffering and strengthening methods and tools to alleviate it.

Transpersonal Therapy

Transpersonal psychotherapy addresses the whole person, is a healing endeavour and aims to integrate physical, emotional, mental and spiritual aspects of well-being.

It is concerned with knowing - by experience - the answer to the questions, Who am I? What am I? Why am I?

Working from a transpersonal perspective, I see individuals as spiritual beings with qualities including compassion, awareness of a transcendent dimension and an appreciation for life which brings meaning and purpose. Its most practical expression is to exam ways to express spirituality in everyday life

My own deep spiritual practice adds to the richness of my therapeutic perspective.

Mindfulness & Addiction

Mindfulness helps clients with addictive behaviour problems to develop a detached awareness of thoughts, without "over identifying" with them or reacting to them in an automatic, habitual manner. Urges and cravings can be monitored and observed without "giving in" and engaging in the addictive behaviour in an impulsive manner.

Meditation creates a space of mindful awareness and enhances the cultivation of alternatives to mindless, compulsive behaviour.

Research suggests that meditation also supports the development of positive emotions. Studies of meditators, show that it seems to strengthen connections and functioning in those parts of the brain that calm such feelings as tear or anger.