



Counselling, Hypnosis and Art Therapy **with Pam Gray**

BA Honours, Master Clinical Psychology (Australian National University)
Graduate Diploma in Clinical Hypnosis (Australian Society of Hypnosis)
Member of College of Clinical Psychologists (Australian Psychological Society)



I am a clinical psychologist with 30 plus years experience in psychotherapy and can offer you the following in support of your health and wellness program.

Counselling or 'talking' therapy

Sharing in confidence what is troubling you with someone who can understand is healing. People come to me for help with all sorts of problems such as when they are stressed, having difficulties with their relationships, experiencing work pressure or are facing significant life change like retirement. Maybe they are finding it hard to lose weight, to get a refreshing night's sleep or are in some way unhappy with themselves and their lives.

I am also qualified to help people with problems where suffering is ongoing and can be difficult to talk about such as a major relationship break down, depression, anxiety, the aftermath of traumatic experiences, a troubled or abusive childhood, serious struggles around eating or living with life changing grief, loss or chronic pain.

Hypnotherapy

Hypnosis is like when you drift off somewhere and lose time. Some people are able to go deeply into trance but we can all enjoy a light trance experience.

In hypnosis, you can get in touch with your right, holistic brain or your more unconscious awareness - in contrast to your left, conscious, thinking, talking, reasoning brain.

Your right brain is where dreams come from (known to be restorative and healing). It holds your memories, your emotional and spiritual life, your sensations and perceptions, how you feel about yourself, how you react to others and is where your creative and intuitive 'self' is nourished.

Hypnosis can help with stress, self confidence, pain management, fears (such as fear of flying), quitting smoking, getting in touch with childhood experiences, understanding emotional triggers and generally dealing with difficulties that are less accessible to the conscious mind. It can also be an enjoyable way to relax and get to know yourself better.

Art therapy

Art is compatible with 'talking' therapy and, like hypnosis, is a way to explore issues that are difficult to put into words. This is because images are the symbolic language of our right brains just as words are the language of our left.

For example, art therapy can help you 'lighten up', map out your life's direction, address family issues, 'see' your losing weight issues more clearly, soothe your emotions, free your creative 'self'. And, you don't need to be artistic to benefit.

Individual and couples sessions.