

HELEN TRAVIS

BA MBACP Dip Couns.

Trauma, Addiction and Chronic Pain Specialist

Embodied Counsellor

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Currently taking on New Clients

Are you committed to making a change?

Do you want to get to the root cause of why you are suffering rather than only treating the symptoms?

Is it time to make clearer choices and to feel safe, understood and accepted?

Are you ready to learn how to show up for yourself?

How Can I Help You?

I have been working with people suffering from Trauma, Addiction and Chronic Pain for 10 years now and I have learnt a lot. In my experience, whilst traditional talking therapy can be helpful, often these challenges need something more.

These are real body-felt difficulties many of us experience at some point in our lives. Embodied counselling creates a space for you to feel emotions in your body. We work with both your mind and your body. Healing your nervous system, resulting in an improvement in your health and well-being.

I blend together psychology and somatic approaches to help you make lasting changes. When difficult life events happen, our minds and bodies can separate. This is part of our biological response to stress. Over time, if this separation continues, it becomes more and more difficult to heal. This is when I can help you.

We will bring your parts back together. We will bring back choice to your life. We will work at a pace that's right for you. We will practice new skills until they feel natural.

You will understand your resilience. You will trust your survivor nature and your instincts again.

5 Reasons to work online with me:

1. You have access to working with me from wherever you are.
2. This is therapy from the comfort of your home, in a way and at a time that is convenient for you. Therapy should fit in with your life. I have user-friendly booking system you can access 24 hours a day.
3. Working online is the best way I have found to centre our work around your freedom of choice. When life gets difficult, the privilege of choice is one of the first things you lose. That is why choice is vital to your healing journey.
4. You can be with your resources while we work.
5. You can have therapy in your pyjamas if you like.

If it's time to become your own expert then I am the right therapist for you.

For more information about my services, to access free resources or book your free 30-minute consultation; please check out my website www.helentravis.com

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