



Counselling & Hypnotherapy

Welcome

Unwanted behaviour and reactions, lack of motivation, feeling lost or stuck, a general feeling of discontentment ... these experiences are a result of the subconscious. By gaining insight, you can heal any hurt, move past any blocks or fears and connect to your power.

Counselling

Counselling is a therapeutic process of expanding self awareness - becoming intimate with yourself in order to uncover and transform unconscious beliefs, patterns or blocks, moving you to empowerment and effectively creating what you want in life. As we all have our own way of being, relating and expressing, counselling is a unique experience for each individual.

You may seek out counselling for many reasons. Sometimes you may need objective support to help you move through a certain event that brings on unwanted or sudden change. Or, you may have unhealed trauma that prevents you from fully reaching your potential in life. At other times you may find yourself with the urge to explore your dreams and desires enhancing personal or professional growth.

What you are working on, and towards, will affect the length of therapy. For example, if you are working on healing life long trauma, it may take years before you feel complete with counselling, while four or five sessions may be enough to assist in a specific issue, or help through the crisis point.

For personal growth you may seek out counselling on and off for your entire life.

Hypnotherapy

Hypnotherapy is the use of hypnosis for therapeutic purposes. Sometimes you may find it extremely difficult to bring your behavioural patterns to your consciousness, or you come to an impasse unable to move forward.

Hypnotherapy is useful for reaching the unconscious at these times and connecting to your strength and inner resources. It can include regression work or "progression," to visualize future positive outcomes and possibilities. Hypnotherapy is also useful for healing past trauma. It allows you to integrate the past traumatic event piece by piece, at your own pace, thus creating a safe and gentle process.

Going into trance is a very natural experience. Day dreaming, times of contemplation or meditation are examples of trance experiences. I will facilitate your unique trance experience by inducing a state of deep relaxation while gently making respectful suggestion. Or, more interactively, I will join you in your journey of self-exploration using guided imagery and visualization.

Biography

I am an Integrated Psychotherapist who combines hypnosis and counselling, connecting your subconscious with your conscious to provide a complete therapeutic experience resulting in expanded self-awareness and permanent change.

I have been helping people with many diverse issues since 1997. As well as hypnotherapy and counselling I integrate traditional talk therapy, emotionally focused therapy and body centered therapy into the therapeutic process where appropriate.

I provide a safe environment for you by listening attentively with empathy and understanding and without judgment or blame. By giving you permission to be where you are and work with what is, allowing you the freedom to explore your life and experiences your way.

My extensive experience working with others, coupled with my own personal healing, provides me with the knowledge, compassion and commitment to facilitate your unique process of self-discovery.

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