



### Costs

My Fee is £45 per hour appointment, for Counselling, and for Shamanic Healing.

I allow 2 hours for Shamanic Healing so that there's no rush. If more, or less, time is needed, then my Fee will reflect this.

If you know that you won't be able to keep your appointment, then please tell me at least 24 hrs in advance to avoid paying me for an appointment which you can't keep.

### Healing reflections on my work...

*"After the (Shamanic Healing) session, I felt as if a weight had been lifted off my body. It impacted me positively on every level, and I would not hesitate to recommend Susan to everyone. Thank you." (Emma)*

*"I'm not sure how I would have coped without Susan's support during those difficult months. When nothing made sense, Susan helped me to organise my thoughts in a safe and secure way. I'm so grateful for meeting her. Thank you." (Kathryn)*



### Contact Me

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**SUSAN HOLLINS  
COUNSELLING**

**Susan Hollins  
Counselling**

Finding your balance



### Where to begin...

A golden thread runs through my life, connecting my varied experiences. This thread is about wellbeing; balance; health of body, mind, and spirit: healing.

Yet I've taken a long time to arrive at this point. There have been many twists & turns along the track.

My greatest challenges have arisen through the experience of loss of many different kinds. Some of these have knocked me for six...others have felt more manageable

As Parish Priest and NHS Healthcare Chaplain I've supported people in & through times of profound, life-changing distress.

I continue my healing work as Counsellor, as Shaman...

## Susan...

Possessing a unique breadth and depth of professional & personal experience, encompassing wellbeing, a well-rooted spiritual life roped together with pragmatism and hope

I work deeply & intuitively with all who find me

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### I work in Exeter, Tiverton & Teignmouth

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I have a Diploma in Psychodynamic Therapy; a Certificate as a Life Coach, a Degree in English Lit & Lang, & a Diploma in Theology. I'm a member of The British Complementary Medicine Association (Reg: PO6087) and of The Healer Foundation.



Shamanism is an ancient way of life finding new expressions today and concerned with balance and relatedness between and within all who inhabit this Planet.

A Shamanic Healing may take one of several forms in order to restore health (balance). While drumming, Journeying, & Soul Retrieval etc may be integral to this, the landscape of your story is fundamental to the track I take for your healing.

In Counselling I both listen and ask questions to encourage your self-reflection, awareness and recovery.